



Erkner

ROSENHEINRICH, Detlef

Erkner: 1:23:59

Erkner: Rüdersdorf

Erkner: 823

Erkner: 32.69 km

Jedermann/Sprint (0,7/28/3,6 km)

Erkner/Erkner: 68 (of 238)

Erkner/Erkner: 65 (of 171)

Erkner/Erkner: 1:08:20

Erkner:

Erkner: 1(of 3)

SEN5 / TM 60

Erkner/Erkner: 1:23:59

Erkner

Erkner

Erkner

| Erkner           | km    | km    | min/km | - | -    | km | km    | km    | km      | min/km | - | -    | km | km    |
|------------------|-------|-------|--------|---|------|----|-------|-------|---------|--------|---|------|----|-------|
| Schwimmen nett   | 0.70  | 14:13 | 20:18  | 2 | 0:09 | 92 | 7:06  | 0.70  | 14:13   | 20:18  | 2 | 0:09 | 92 | 7:06  |
| Wechsel S -> R   | 0.26  | 2:26  | 9:21   | 1 | -    | 49 | 1:12  | 0.96  | 16:39   | 17:20  | 1 | -    | 77 | 8:16  |
| Schwimmen Erkner | 0.96  | 16:39 | 17:20  | 1 | -    | 77 | 8:16  | 0.96  | 16:39   | 17:20  | 1 | -    | 77 | 8:16  |
| Rad netto        | 28.00 | 51:40 | 1:50   | 1 | -    | 63 | 50:49 | 28.96 | 1:08:19 | 2:21   | 1 | -    | 72 | 51:53 |
| Wechsel R -> L   | 0.13  | 0:49  | 6:16   | 2 | 0:02 | 21 | 0:13  | 29.09 | 1:09:08 | 2:22   | 1 | -    | 68 | 12:02 |
| Radfahren Erkner | 28.13 | 52:29 | 1:51   | 1 | -    | 60 | 6:59  | 29.09 | 1:09:08 | 2:22   | 1 | -    | 68 | 12:02 |
| Lauf             | 3.60  | 14:51 | 4:07   | 1 | -    | 63 | 3:37  | 32.69 | 1:23:59 | 2:34   | 1 | -    | 65 | 15:39 |