



Erkner

BRÖMME, Sascha

Erkner: 1:27:18

Erkner: Berlin

Erkner: 910

Erkner: 32.69 km

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

Erkner/Erkner: 93 (of 238)

Erkner/Erkner: 82 (of 171)

Erkner/Erkner: 1:08:20

Erkner:

Erkner: 16(of 32)

AK4 / TM 35

Erkner/Erkner: 1:12:09

Erkner

Erkner

Erkner

	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	14:30	20:42	21	4:49	96	7:23	0.70	14:30	20:42	21	4:49	96	7:23
Wechsel S -> R	0.26	3:20	12:49	21	1:40	107	2:06	0.96	17:50	18:34	19	5:30	95	9:27
Schwimmen 000	0.96	17:50	18:34	19	5:30	95	9:27	0.96	17:50	18:34	19	5:30	95	9:27
Rad netto	28.00	52:24	1:52	12	7:48	72	51:33	28.96	1:10:14	2:25	16	11:17	78	53:48
Wechsel R -> L	0.13	0:50	6:24	3	0:03	24	0:14	29.09	1:11:04	2:26	18	11:08	79	13:58
Radfahren 000	28.13	53:14	1:53	13	7:38	71	7:44	29.09	1:11:04	2:26	18	11:08	79	13:58
Lauf	3.60	16:14	4:30	22	4:02	105	5:00	32.69	1:27:18	2:40	16	15:09	82	18:58