



Erkner

Prima Klima

Erkner: 1:25:00

Erkner: Prima Klima

Erkner: 921

Erkner: 32.69 km

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

Erkner/Erkner: 7 (of 26)

Erkner/Erkner: 7 (of 26)

Erkner: 1:13:14

Erkner:

Staffel Sprint

Erkner: 7(of 26)

Erkner: 1:13:14

Erkner

Erkner

Erkner

Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner
	km	min	min/km	-	-	Erkner	Erkner	km	min	min/km	-	-	Erkner	Erkner
Schwimmen nett	0.70	12:57	18:30	9	2:21	9	2:21	0.70	12:57	18:30	9	2:21	9	2:21
Wechsel S -> R	0.26	1:10	4:29	3	0:03	3	0:03	0.96	14:07	14:42	6	2:22	6	2:22
Schwimmen Erkner	0.96	14:07	14:42	6	2:22	6	2:22	0.96	14:07	14:42	6	2:22	6	2:22
Rad netto	28.00	54:43	1:57	13	7:45	13	7:45	28.96	1:08:50	2:22	11	9:28	11	9:28
Wechsel R -> L	0.13	0:43	5:30	11	0:08	11	0:08	29.09	1:09:33	2:23	11	9:30	11	9:30
Radfahren Erkner	28.13	55:26	1:58	13	7:48	13	7:48	29.09	1:09:33	2:23	11	9:30	11	9:30
Lauf	3.60	15:27	4:17	11	3:18	11	3:18	32.69	1:25:00	2:36	7	11:46	7	11:46