



Erkner

MANTHEY, Christian

Time: 1:30:56

Location: Erkner

Age: 755

Distance: 32.69 km

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

Ranking: 117 (of 238)

Ranking: 101 (of 171)

Ranking: 1:08:20

Ranking:

Ranking: 23(of 32)

AK4 / TM 35

Ranking: 1:12:09

Erkner

Erkner

Erkner

Erkner	km	min	min/km	-	-	min	min	km	min	min/km	-	-	min	min
Schwimmen nett	0.70	15:29	22:07	23	5:48	119	8:22	0.70	15:29	22:07	23	5:48	119	8:22
Wechsel S -> R	0.26	3:42	14:13	25	2:02	127	2:28	0.96	19:11	19:58	23	6:51	118	10:48
Schwimmen	0.96	19:11	19:58	23	6:51	118	10:48	0.96	19:11	19:58	23	6:51	118	10:48
Rad netto	28.00	53:30	1:54	17	8:54	85	52:39	28.96	1:12:41	2:30	21	13:44	97	56:15
Wechsel R -> L	0.13	1:14	9:29	13	0:27	86	0:38	29.09	1:13:55	2:32	21	13:59	93	16:49
Radfahren	28.13	54:44	1:56	17	9:08	83	9:14	29.09	1:13:55	2:32	21	13:59	93	16:49
Lauf	3.60	17:01	4:43	26	4:49	122	5:47	32.69	1:30:56	2:46	23	18:47	101	22:36