



Erkner

HENZELMANN, Christoph

Erkner: 1:32:14

Erkner: Berlin

Erkner: 815

Erkner: 32.69 km

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

Erkner/Erkner: 123 (of 238)

Erkner/Erkner: 106 (of 171)

Erkner/Erkner: 1:08:20

Erkner:

Erkner: 17(of 25)

SEN1 / TM 40

Erkner/Erkner: 1:13:30

Erkner

Erkner

Erkner

	km	min/km	-	-	min/km	-	km	min/km	-	-	min/km	-	km	min/km
Schwimmen nett	0.70	13:54	19:51	11	3:41	82	6:47	0.70	13:54	19:51	11	3:41	82	6:47
Wechsel S -> R	0.26	6:39	25:34	24	4:45	163	5:25	0.96	20:33	21:24	21	8:08	139	12:10
Schwimmen	0.96	20:33	21:24	21	8:08	139	12:10	0.96	20:33	21:24	21	8:08	139	12:10
Rad netto	28.00	53:34	1:54	12	52:43	87	52:43	28.96	1:14:07	2:33	17	57:41	108	57:41
Wechsel R -> L	0.13	2:02	15:38	22	1:10	147	1:26	29.09	1:16:09	2:37	18	16:07	115	19:03
Radfahren	28.13	55:36	1:58	12	7:59	90	10:06	29.09	1:16:09	2:37	18	16:07	115	19:03
Lauf	3.60	16:05	4:28	16	2:43	99	4:51	32.69	1:32:14	2:49	17	18:44	106	23:54