



Erkner

KOSSIELNY, Thomas

Time: 1:34:23

City: Berlin

Age: 651

Distance: 32.69 km

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

Ranking/Total: 137 (of 238)

Ranking/Group: 119 (of 171)

Ranking/Event: 1:08:20

Category:

Ranking/Event: 17(of 20)

SEN3 / TM 50

Ranking/Event: 1:12:01

Erkner

Erkner

Erkner

Erkner	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	0.70	15:12	21:42	17	5:07	112	8:05	0.70	15:12	21:42	17	5:07	112	8:05
Wechsel S -> R	0.26	4:15	16:20	19	2:28	137	3:01	0.96	19:27	20:15	20	7:06	124	11:04
Schwimmen Erkner	0.96	19:27	20:15	20	7:06	124	11:04	0.96	19:27	20:15	20	7:06	124	11:04
Rad netto	28.00	58:04	2:04	17	12:03	127	57:13	28.96	1:17:31	2:40	18	18:38	131	1:01:05
Wechsel R -> L	0.13	1:02	7:56	7	0:14	49	0:26	29.09	1:18:33	2:42	18	18:51	127	21:27
Radfahren Erkner	28.13	59:06	2:06	17	12:16	124	13:36	29.09	1:18:33	2:42	18	18:51	127	21:27
Lauf	3.60	15:50	4:23	11	3:31	94	4:36	32.69	1:34:23	2:53	17	22:22	120	26:03