



Erkner

**RADWAN, Ramiz**

**Time: 1:37:49**

City: Berlin

Age: 806

Distance: 32.69 km

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

Participants: 164 (of 238)

Participants: 135 (of 171)

Participants: 1:08:20

Category:

Participants: 27(of 32)

AK4 / TM 35

Participants: 1:12:09

Erkner

Erkner

Erkner

| Erkner         | km    | min     | min/km | -  | -     | km  | min   | km    | min     | min/km | -  | -     | km  | min     |
|----------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|---------|
| Schwimmen nett | 0.70  | 16:01   | 22:52  | 26 | 6:20  | 132 | 8:54  | 0.70  | 16:01   | 22:52  | 26 | 6:20  | 132 | 8:54    |
| Wechsel S -> R | 0.26  | 5:21    | 20:34  | 29 | 3:41  | 153 | 4:07  | 0.96  | 21:22   | 22:15  | 29 | 9:02  | 147 | 12:59   |
| Schwimmen      | 0.96  | 21:22   | 22:15  | 29 | 9:02  | 147 | 12:59 | 0.96  | 21:22   | 22:15  | 29 | 9:02  | 147 | 12:59   |
| Rad netto      | 28.00 | 59:42   | 2:07   | 26 | 15:06 | 138 | 58:51 | 28.96 | 1:21:04 | 2:47   | 27 | 22:07 | 144 | 1:04:38 |
| Wechsel R -> L | 0.13  | 1:15    | 9:36   | 14 | 0:28  | 89  | 0:39  | 29.09 | 1:22:19 | 2:49   | 29 | 22:23 | 145 | 25:13   |
| Radfahren      | 28.13 | 1:00:57 | 2:10   | 28 | 15:21 | 139 | 15:27 | 29.09 | 1:22:19 | 2:49   | 29 | 22:23 | 145 | 25:13   |
| Lauf           | 3.60  | 15:30   | 4:18   | 18 | 3:18  | 83  | 4:16  | 32.69 | 1:37:49 | 2:59   | 27 | 25:40 | 136 | 29:29   |