



Erkner

FALKENBERG, Jan

Time: 1:38:48

Club: Chemie Erkner

Age: 786

Distance: 32.69 km

Rank/Total: 172 (of 238)

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

Rank/Group: 138 (of 171)

Rank/Group: 1:08:20

Rank/Group:

Rank/Group: 18(of 20)

AK3 / TM 30

Rank/Group: 1:13:44

Erkner

Erkner

Erkner

Erkner	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	0.70	16:19	23:18	15	6:52	135	9:12	0.70	16:19	23:18	15	6:52	135	9:12
Wechsel S -> R	0.26	5:00	19:13	18	3:15	151	3:46	0.96	21:19	22:12	19	9:32	145	12:56
Schwimmen 0.96	0.96	21:19	22:12	19	9:32	145	12:56	0.96	21:19	22:12	19	9:32	145	12:56
Rad netto	28.00	56:06	2:00	14	10:03	113	55:15	28.96	1:17:25	2:40	17	18:12	129	1:00:59
Wechsel R -> L	0.13	3:12	24:36	18	2:33	160	2:36	29.09	1:20:37	2:46	18	20:22	137	23:31
Radfahren 28.13	28.13	59:18	2:06	16	12:28	128	13:48	29.09	1:20:37	2:46	18	20:22	137	23:31
Lauf	3.60	18:11	5:03	18	5:51	141	6:57	32.69	1:38:48	3:01	19	25:04	139	30:28