



Erkner

MOMBECK, Thorsten

Erkner: 1:38:57

Erkner: Weltraumjogger

Erkner: 857

Enduro U13

Erkner/Erkner: 173 (of 238)

Erkner/Erkner: 139 (of 171)

Erkner/Erkner: 1:08:20

Erkner:

Erkner: 22(of 25)

SEN1 / TM 40

Erkner/Erkner: 1:13:30

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	15:48	22:34	22	5:35	126	8:41	0.70	15:48	22:34	22	5:35	126	8:41
Wechsel S -> R	0.26	4:07	15:49	20	2:13	134	2:53	0.96	19:55	20:44	20	7:30	130	11:32
Schwimmen Erkner	0.96	19:55	20:44	20	7:30	130	11:32	0.96	19:55	20:44	20	7:30	130	11:32
Rad netto	28.00	59:44	2:07	22	58:53	139	58:53	28.96	1:19:39	2:45	21	1:03:13	135	1:03:13
Wechsel R -> L	0.13	1:57	15:00	21	1:05	145	1:21	29.09	1:21:36	2:48	21	21:34	139	24:30
Radfahren Erkner	28.13	1:01:41	2:11	22	14:04	144	16:11	29.09	1:21:36	2:48	21	21:34	139	24:30
Lauf	3.60	17:21	4:49	23	3:59	132	6:07	-	1:38:57	-	22	25:27	140	30:37