



Erkner

FREITAG, Petra

Erkner: 1:38:59

Erkner: Berlin

Erkner: 871

Erkner: 32.69 km

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

Erkner/Erkner: 175 (of 238)

Erkner/Erkner: 36 (of 67)

Erkner/Erkner: 1:21:00

Erkner:

Erkner: 5(of 12)

AK4 / TW 35

Erkner/Erkner: 1:24:44

Erkner

Erkner

Erkner

	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	15:55	22:44	6	3:15	40	6:07	0.70	15:55	22:44	6	3:15	40	6:07
Wechsel S -> R	0.26	3:41	14:09	6	1:11	37	1:42	0.96	19:36	20:25	6	4:11	39	7:45
Schwimmen 000	0.96	19:36	20:25	6	4:11	39	7:45	0.96	19:36	20:25	6	4:11	39	7:45
Rad netto	28.00	1:02:01	2:12	6	8:24	39	10:11	28.96	1:21:37	2:49	5	11:50	38	16:34
Wechsel R -> L	0.13	0:53	6:47	2	0:12	6	0:12	29.09	1:22:30	2:50	6	11:27	37	16:35
Radfahren 000	28.13	1:02:54	2:14	7	7:46	38	9:35	29.09	1:22:30	2:50	6	11:27	37	16:35
Lauf	3.60	16:29	4:34	4	2:48	19	2:48	32.69	1:38:59	3:01	5	14:15	36	17:59