



Erkner

ULRICH, Sven

Erkner: 1:51:31

Erkner: Panketal

Erkner: 797

Erkner: 32.69 km

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

Erkner/Erkner: 210 (of 238)

Erkner/Erkner: 155 (of 171)

Erkner/Erkner: 1:08:20

Erkner:

Erkner: 23(of 24)

SEN2 / TM 45

Erkner/Erkner: 1:11:42

Erkner

Erkner

Erkner

	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.70	16:46	23:57	21	6:22	147	9:39	0.70	16:46	23:57	21	6:22	147	9:39
Wechsel S -> R	0.26	4:40	17:56	21	3:00	148	3:26	0.96	21:26	22:19	20	9:07	149	13:03
Schwimmen	0.96	21:26	22:19	20	9:07	149	13:03	0.96	21:26	22:19	20	9:07	149	13:03
Rad netto	28.00	1:06:10	2:21	23	19:45	155	1:05:19	28.96	1:27:36	3:01	23	28:52	153	1:11:10
Wechsel R -> L	0.13	2:11	16:47	23	1:28	153	1:35	29.09	1:29:47	3:05	23	30:20	157	32:41
Radfahren	28.13	1:08:21	2:25	24	21:13	159	22:51	29.09	1:29:47	3:05	23	30:20	157	32:41
Lauf	3.60	21:44	6:02	21	9:29	156	10:30	32.69	1:51:31	3:24	23	39:49	156	43:11