



Erkner Triathlon 2.0

Erkner / 08.09.2018

Erkner

Sowa, Steven

Erkner: Wildau

Erkner: 1235

Erkner: 10.00 km

Erkner Stadtlauf 10 km

Erkner:

AK3 / TW 30

Erkner: 50:48

Erkner: 11.81 km/h

Erkner: 5:05 min/km

Erkner/Erkner: 14 (of 29)

Erkner/Erkner: 11 (of 17)

Erkner: 35:06

Erkner: 2(of 3)

Erkner: 48:55

Erkner

Erkner

Erkner

| Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner |
|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | km | min | min/km | - | - | Erkner | Erkner | km | min | min/km | - | - | Erkner | Erkner |
| Erkner 1 | 0.30 | 1:28 | 4:53 | 2 | 0:10 | 10 | 0:24 | 0.30 | 1:28 | 4:53 | 2 | 0:10 | 10 | 0:24 |
| Erkner Erkner | 9.70 | 49:20 | 5:05 | 2 | 1:43 | 12 | 15:18 | 10.00 | 50:48 | 5:04 | 2 | 1:53 | 11 | 15:42 |