



Erkner Triathlon 2.0

Erkner / 09.09.2018

□□□□

Kremkow, Sebastian

□□□: 2:53:06

□□: Unterföhring

□□: 237

□□: 51.89 km

Olympisch

□□□□:

AK2 / TM 25

□□□□□/□□□: 99 (of 236)

□□□□□/□: 90 (of 198)

□□□□□□: 2:14:41

□□□□□: 7(of 17)

□□□□□□□: 2:22:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50 | 35:13 | 23:28 | 6 | 7:46 | 57 | 10:31 | 1.50 | 35:13 | 23:28 | 6 | 7:46 | 57 | 10:31 | |
| Wechsel S -> R | 0.26 | 2:10 | 8:19 | 4 | 0:28 | 25 | 0:50 | 1.76 | 37:23 | 21:14 | 6 | 7:19 | 46 | 10:28 | |
| Schwimmen □□□ | 1.76 | 37:23 | 21:14 | 6 | 7:19 | 46 | 10:28 | 1.76 | 37:23 | 21:14 | 6 | 7:19 | 46 | 10:28 | |
| Rad netto | 40.00 | 1:14:33 | 1:51 | 7 | 5:14 | 78 | 12:09 | 41.76 | 1:51:56 | 2:40 | 7 | 11:50 | 58 | 21:33 | |
| Wechsel R -> L | 0.13 | 1:44 | 13:20 | 10 | 0:50 | 92 | 0:58 | 41.89 | 1:53:40 | 2:42 | 7 | 12:28 | 60 | 21:58 | |
| Rad □□□ | 40.13 | 1:16:17 | 1:54 | 7 | 5:32 | 79 | 13:02 | 41.89 | 1:53:40 | 2:42 | 7 | 12:28 | 60 | 21:58 | |
| Lauf | 10.00 | 59:26 | 5:56 | 13 | 17:52 | 143 | 21:15 | 51.89 | 2:53:06 | 3:20 | 7 | 30:20 | 90 | 38:25 | |