



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Blank, Dominic

Erkner: 2:48:44

Erkner: Berlin

Erkner: 141

Erkner: 51.89 km

Olympisch

Erkner:

AK3 / TM 30

Erkner/Erkner: 82 (of 236)

Erkner/Erkner: 74 (of 198)

Erkner: 2:14:41

Erkner: 18(of 45)

Erkner: 2:14:41

Erkner

Erkner

Erkner

	km	min/km	-	-	min/km	km	min/km	km	min/km	-	-	min/km	km	min/km
Schwimmen nett	1.50	40:22	26:54	29	15:40	136	15:40	1.50	40:22	26:54	29	15:40	136	15:40
Wechsel S -> R	0.26	2:40	10:15	13	1:20	50	1:20	1.76	43:02	24:27	25	16:07	122	16:07
Schwimmen	1.76	43:02	24:27	25	16:07	122	16:07	1.76	43:02	24:27	25	16:07	122	16:07
Rad netto	40.00	1:16:18	1:54	25	13:54	98	13:54	41.76	1:59:20	2:51	24	28:57	109	28:57
Wechsel R -> L	0.13	1:23	10:38	16	0:32	53	0:37	41.89	2:00:43	2:52	23	29:01	107	29:01
Rad	40.13	1:17:41	1:56	23	14:26	91	14:26	41.89	2:00:43	2:52	23	29:01	107	29:01
Lauf	10.00	48:01	4:48	10	6:30	41	9:50	51.89	2:48:44	3:15	18	34:03	74	34:03