



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Kröhnert, Steffen

Erkner: 2:56:26

Erkner: Koblenz

Erkner: 238

Erkner: 51.89 km

Olympisch

Erkner:

SEN2 / TM 45

Erkner/Erkner: 123 (of 236)

Erkner/Erkner: 111 (of 198)

Erkner: 2:14:41

Erkner: 16(of 28)

Erkner: 2:23:41

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	37:26	24:57	14	10:12	89	12:44	1.50	37:26	24:57	14	10:12	89	12:44
Wechsel S -> R	0.26	3:25	13:08	15	1:45	113	2:05	1.76	40:51	23:12	15	11:15	88	13:56
Schwimmen Erkner	1.76	40:51	23:12	15	11:15	88	13:56	1.76	40:51	23:12	15	11:15	88	13:56
Rad netto	40.00	1:16:38	1:54	16	8:15	107	14:14	41.76	1:57:29	2:48	18	19:22	95	27:06
Wechsel R -> L	0.13	2:05	16:01	14	1:15	136	1:19	41.89	1:59:34	2:51	18	20:37	97	27:52
Rad Erkner	40.13	1:18:43	1:57	17	9:30	109	15:28	41.89	1:59:34	2:51	18	20:37	97	27:52
Lauf	10.00	56:52	5:41	15	14:04	126	18:41	51.89	2:56:26	3:24	16	32:45	111	41:45