



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Strelow-Jacob, Grit

000: 2:51:49

00: Bernau

00: 329

00: 51.89 km

Olympisch

0000:

SEN3 / TW 50

00000/000: 96 (of 236)

00000/0: 9 (of 38)

000000: 2:37:05

00000: 2(of 5)

0000000: 2:48:39

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	25:34	17:02	1	-	1	-	1.50	25:34	17:02	1	-	1	-
Wechsel S -> R	0.26	3:58	15:15	3	1:53	23	2:42	1.76	29:32	16:46	1	-	1	-
Schwimmen 000	1.76	29:32	16:46	1	-	1	-	1.76	29:32	16:46	1	-	1	-
Rad netto	40.00	1:23:46	2:05	2	11:07	21	11:07	41.76	1:53:18	2:42	1	-	5	8:57
Wechsel R -> L	0.13	1:50	14:06	3	0:17	19	0:53	41.89	1:55:08	2:44	1	-	5	9:50
Rad 000	40.13	1:25:36	2:07	2	11:24	20	11:24	41.89	1:55:08	2:44	1	-	5	9:50
Lauf	10.00	56:41	5:40	2	4:07	15	7:38	51.89	2:51:49	3:18	2	3:10	9	14:44