



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Menet, Wilhelm

□□□: 2:22:46

□□: Berlin

□□: 265

□□: 51.89 km

Olympisch

□□□□:

AK2 / TM 25

□□□□□/□□□: 5 (of 236)

□□□□□/□: 5 (of 198)

□□□□□□: 2:14:41

□□□□□: 1(of 17)

□□□□□□□: 2:22:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	28:33	19:02	2	1:06	13	3:51	1.50	28:33	19:02	2	1:06	13	3:51
Wechsel S -> R	0.26	1:54	7:18	2	0:12	12	0:34	1.76	30:27	17:18	2	0:23	11	3:32
Schwimmen □□□	1.76	30:27	17:18	2	0:23	11	3:32	1.76	30:27	17:18	2	0:23	11	3:32
Rad netto	40.00	1:09:39	1:44	2	0:20	21	7:15	41.76	1:40:06	2:23	1	-	11	9:43
Wechsel R -> L	0.13	1:06	8:27	4	0:12	22	0:20	41.89	1:41:12	2:24	1	-	11	9:30
Rad □□□	40.13	1:10:45	1:45	1	-	20	7:30	41.89	1:41:12	2:24	1	-	11	9:30
Lauf	10.00	41:34	4:09	1	-	4	3:23	51.89	2:22:46	2:45	1	-	5	8:05