



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Henschke, Nicholas

Erkner: 2:59:10

City: Berlin

Age: 200

Distance: 51.89 km

Olympisch

AK4 / TM 35

Participants: 133 (of 236)

Triathletes: 120 (of 198)

Erkner: 2:14:41

Participants: 23 (of 30)

Triathletes: 2:17:44

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Erkner	km	min	min/km	-	-	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	
Erkner	km	min	min/km	-	-	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	
Schwimmen nett	1.50	34:25	22:56	8	6:26	47	9:43	1.50	34:25	22:56	8	6:26	47	9:43
Wechsel S -> R	0.26	3:13	12:22	19	1:24	100	1:53	1.76	37:38	21:22	9	7:50	50	10:43
Schwimmen Erkner	1.76	37:38	21:22	9	7:50	50	10:43	1.76	37:38	21:22	9	7:50	50	10:43
Rad netto	40.00	1:25:50	2:08	25	20:30	171	23:26	41.76	2:03:28	2:57	23	27:15	134	33:05
Wechsel R -> L	0.13	1:53	14:29	22	1:00	114	1:07	41.89	2:05:21	2:59	23	28:07	134	33:39
Rad Erkner	40.13	1:27:43	2:11	24	21:22	166	24:28	41.89	2:05:21	2:59	23	28:07	134	33:39
Lauf	10.00	53:49	5:22	17	13:19	92	15:38	51.89	2:59:10	3:27	23	41:26	120	44:29