



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Drescher-Welk, Thomas

Erkner: 2:59:13

Erkner: Berlin

Erkner: 168

Erkner: 51.89 km

Olympisch

Erkner:

SEN3 / TM 50

Erkner/Erkner: 134 (of 236)

Erkner/Erkner: 121 (of 198)

Erkner: 2:14:41

Erkner: 16(of 25)

Erkner: 2:15:02

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	40:31	27:00	18	12:51	137	15:49	1.50	40:31	27:00	18	12:51	137	15:49
Wechsel S -> R	0.26	2:57	11:20	10	1:14	75	1:37	1.76	43:28	24:41	17	14:05	127	16:33
Schwimmen Erkner	1.76	43:28	24:41	17	14:05	127	16:33	1.76	43:28	24:41	17	14:05	127	16:33
Rad netto	40.00	1:19:44	1:59	17	13:02	130	17:20	41.76	2:03:12	2:57	20	27:07	131	32:49
Wechsel R -> L	0.13	1:47	13:43	11	1:01	101	1:01	41.89	2:04:59	2:59	19	28:08	130	33:17
Rad Erkner	40.13	1:21:31	2:01	17	14:03	131	18:16	41.89	2:04:59	2:59	19	28:08	130	33:17
Lauf	10.00	54:14	5:25	13	16:03	100	16:03	51.89	2:59:13	3:27	16	44:11	121	44:32