



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Franz, Oliver

Erkner: 2:59:27

Erkner: Berlin

Erkner: 177

Erkner: 51.89 km

Olympisch

Erkner:

SEN3 / TM 50

Erkner/Erkner: 135 (of 236)

Erkner/Erkner: 122 (of 198)

Erkner: 2:14:41

Erkner: 17(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	37:26	24:57	13	9:46	89	12:44	1.50	37:26	24:57	13	9:46	89	12:44
Wechsel S -> R	0.26	3:58	15:15	19	2:15	142	2:38	1.76	41:24	23:31	14	12:01	99	14:29
Schwimmen Erkner	1.76	41:24	23:31	14	12:01	99	14:29	1.76	41:24	23:31	14	12:01	99	14:29
Rad netto	40.00	1:21:14	2:01	22	14:32	150	18:50	41.76	2:02:38	2:56	18	26:33	128	32:15
Wechsel R -> L	0.13	1:49	13:58	13	1:03	104	1:03	41.89	2:04:27	2:58	18	27:36	126	32:45
Rad Erkner	40.13	1:23:03	2:04	22	15:35	148	19:48	41.89	2:04:27	2:58	18	27:36	126	32:45
Lauf	10.00	55:00	5:30	18	16:49	113	16:49	51.89	2:59:27	3:27	17	44:25	122	44:46