



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Thies, Sebastian

Erkner: 3:00:23

Erkner: Woltersdorf

Erkner: 336

Erkner: 51.89 km

Olympisch

Erkner:

SEN2 / TM 45

Erkner/Erkner: 137 (of 236)

Erkner/Erkner: 124 (of 198)

Erkner: 2:14:41

Erkner: 19(of 28)

Erkner: 2:23:41

Erkner

Erkner

Erkner

	km	min/km	-	-	min/km	km	min/km	km	min/km	-	-	min/km	km	min/km
Schwimmen nett	1.50	44:31	29:40	22	17:17	169	19:49	1.50	44:31	29:40	22	17:17	169	19:49
Wechsel S -> R	0.26	3:48	14:36	20	2:08	138	2:28	1.76	48:19	27:27	22	18:43	166	21:24
Schwimmen	1.76	48:19	27:27	22	18:43	166	21:24	1.76	48:19	27:27	22	18:43	166	21:24
Rad netto	40.00	1:15:42	1:53	14	7:19	92	13:18	41.76	2:04:01	2:58	20	25:54	137	33:38
Wechsel R -> L	0.13	2:25	18:35	21	1:35	155	1:39	41.89	2:06:26	3:01	20	27:29	139	34:44
Rad	40.13	1:18:07	1:56	14	8:54	99	14:52	41.89	2:06:26	3:01	20	27:29	139	34:44
Lauf	10.00	53:57	5:23	13	11:09	97	15:46	51.89	3:00:23	3:28	19	36:42	124	45:42