



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Zank, Oliver

Erkner: 2:24:39

Erkner: Hennigsdorf

Erkner: 368

Erkner: 51.89 km

Olympisch

Erkner/Erkner: 11 (of 236)

Erkner/Erkner: 11 (of 198)

Erkner/Erkner: 2:14:41

Erkner:

Erkner: 3(of 30)

AK4 / TM 35

Erkner/Erkner: 2:17:44

Erkner

Erkner

Erkner

	km	min/km	-	-	h	h	km	min/km	-	-	h	h		
Schwimmen nett	1.50	27:59	18:39	1	-	11	3:17	1.50	27:59	18:39	1	-	11	3:17
Wechsel S -> R	0.26	1:49	6:59	1	-	8	0:29	1.76	29:48	16:55	1	-	7	2:53
Schwimmen	1.76	29:48	16:55	1	-	7	2:53	1.76	29:48	16:55	1	-	7	2:53
Rad netto	40.00	1:07:27	1:41	3	2:07	12	5:03	41.76	1:37:15	2:19	3	1:02	7	6:52
Wechsel R -> L	0.13	0:54	6:55	2	0:01	9	0:08	41.89	1:38:09	2:20	3	0:55	7	6:27
Rad	40.13	1:08:21	1:42	3	2:00	11	5:06	41.89	1:38:09	2:20	3	0:55	7	6:27
Lauf	10.00	46:30	4:39	8	6:00	27	8:19	51.89	2:24:39	2:47	3	6:55	11	9:58