



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Zelmer, Philipp

000: 3:00:59

00: Berlin

00: 369

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 142 (of 236)

00000/0: 129 (of 198)

000000: 2:14:41

00000: 29(of 45)

0000000: 2:14:41

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	39:58	26:38	27	15:16	132	15:16	1.50	39:58	26:38	27	15:16	132	15:16	
Wechsel S -> R	0.26	4:04	15:38	32	2:44	151	2:44	1.76	44:02	25:01	28	17:07	133	17:07	
Schwimmen 000	1.76	44:02	25:01	28	17:07	133	17:07	1.76	44:02	25:01	28	17:07	133	17:07	
Rad netto	40.00	1:14:05	1:51	18	11:41	72	11:41	41.76	1:58:07	2:49	21	27:44	99	27:44	
Wechsel R -> L	0.13	2:38	20:15	37	1:47	163	1:52	41.89	2:00:45	2:52	24	29:03	108	29:03	
Rad 000	40.13	1:16:43	1:54	20	13:28	83	13:28	41.89	2:00:45	2:52	24	29:03	108	29:03	
Lauf	10.00	1:00:14	6:01	35	18:43	150	22:03	51.89	3:00:59	3:29	29	46:18	129	46:18	