



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Sommerfeldt, Frank

Erkner: 3:06:50

Erkner: Berlin

Erkner: 321

Erkner: 51.89 km

Olympisch

Erkner:

SEN1 / TM 40

Erkner/Erkner: 170 (of 236)

Erkner/Erkner: 149 (of 198)

Erkner: 2:14:41

Erkner: 19(of 28)

Erkner: 2:29:21

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	46:24	30:56	25	17:28	177	21:42	1.50	46:24	30:56	25	17:28	177	21:42
Wechsel S -> R	0.26	2:47	10:42	7	0:45	61	1:27	1.76	49:11	27:56	26	18:13	170	22:16
Schwimmen Erkner	1.76	49:11	27:56	26	18:13	170	22:16	1.76	49:11	27:56	26	18:13	170	22:16
Rad netto	40.00	1:15:03	1:52	13	8:08	85	12:39	41.76	2:04:14	2:58	21	22:45	139	33:51
Wechsel R -> L	0.13	2:38	20:15	22	1:32	163	1:52	41.89	2:06:52	3:01	21	24:16	142	35:10
Rad Erkner	40.13	1:17:41	1:56	14	9:39	92	14:26	41.89	2:06:52	3:01	21	24:16	142	35:10
Lauf	10.00	59:58	5:59	19	17:19	145	21:47	51.89	3:06:50	3:36	19	37:29	149	52:09