



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Gloßmann, Uwe

Erkner: 3:09:04

Erkner: Berlin

Erkner: 187

Erkner: 51.89 km

Olympisch

Erkner:

SEN5 / TM 60

Erkner/Erkner: 178 (of 236)

Erkner/Erkner: 155 (of 198)

Erkner: 2:14:41

Erkner: 5(of 7)

Erkner: 2:33:03

Erkner

Erkner

Erkner

| Erkner           | km    | km      | min/km | - | -     | km  | km    | km    | km      | min/km | - | -     | km  | km    |
|------------------|-------|---------|--------|---|-------|-----|-------|-------|---------|--------|---|-------|-----|-------|
| Schwimmen nett   | 1.50  | 45:23   | 30:15  | 6 | 16:04 | 173 | 20:41 | 1.50  | 45:23   | 30:15  | 6 | 16:04 | 173 | 20:41 |
| Wechsel S -> R   | 0.26  | 5:33    | 21:20  | 7 | 3:38  | 181 | 4:13  | 1.76  | 50:56   | 28:56  | 6 | 19:42 | 178 | 24:01 |
| Schwimmen Erkner | 1.76  | 50:56   | 28:56  | 6 | 19:42 | 178 | 24:01 | 1.76  | 50:56   | 28:56  | 6 | 19:42 | 178 | 24:01 |
| Rad netto        | 40.00 | 1:16:34 | 1:54   | 4 | 4:32  | 104 | 14:10 | 41.76 | 2:07:30 | 3:03   | 5 | 24:14 | 150 | 37:07 |
| Wechsel R -> L   | 0.13  | 2:00    | 15:23  | 7 | 0:51  | 129 | 1:14  | 41.89 | 2:09:30 | 3:05   | 5 | 25:01 | 153 | 37:48 |
| Rad Erkner       | 40.13 | 1:18:34 | 1:57   | 5 | 5:19  | 108 | 15:19 | 41.89 | 2:09:30 | 3:05   | 5 | 25:01 | 153 | 37:48 |
| Lauf             | 10.00 | 59:34   | 5:57   | 5 | 11:00 | 144 | 21:23 | 51.89 | 3:09:04 | 3:38   | 5 | 36:01 | 156 | 54:23 |