



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Schneider, Silvio

Erkner: 3:09:07

Erkner: Werder

Erkner: 308

Erkner: 51.89 km

Olympisch

Erkner:

SEN1 / TM 40

Erkner/Erkner: 180 (of 236)

Erkner/Erkner: 156 (of 198)

Erkner: 2:14:41

Erkner: 22(of 28)

Erkner: 2:29:21

Erkner

Erkner

Erkner

Erkner	km	Erkner	min/km	-	-	Erkner	Erkner	Erkner	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	1.50	40:49	27:12	23	11:53	142	16:07	1.50	40:49	27:12	23	11:53	142	16:07
Wechsel S -> R	0.26	3:38	13:58	18	1:36	125	2:18	1.76	44:27	25:15	21	13:29	138	17:32
Schwimmen Erkner	1.76	44:27	25:15	21	13:29	138	17:32	1.76	44:27	25:15	21	13:29	138	17:32
Rad netto	40.00	1:16:50	1:55	18	9:55	109	14:26	41.76	2:01:17	2:54	19	19:48	120	30:54
Wechsel R -> L	0.13	2:53	22:10	24	1:47	172	2:07	41.89	2:04:10	2:57	18	21:34	123	32:28
Rad Erkner	40.13	1:19:43	1:59	18	11:41	119	16:28	41.89	2:04:10	2:57	18	21:34	123	32:28
Lauf	10.00	1:04:57	6:29	23	22:18	174	26:46	51.89	3:09:07	3:38	22	39:46	157	54:26