



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Geiger, Katharina

000: 3:08:00

00: Berlin

00: 181

00: 51.89 km

Olympisch

0000:

AK3 / TW 30

00000/000: 174 (of 236)

00000/0: 22 (of 38)

000000: 2:37:05

00000: 5(of 10)

0000000: 2:47:33

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	42:05	28:03	9	7:25	27	16:31	1.50	42:05	28:03	9	7:25	27	16:31
Wechsel S -> R	0.26	3:20	12:49	3	1:07	16	2:04	1.76	45:25	25:48	8	6:04	26	15:53
Schwimmen 000	1.76	45:25	25:48	8	6:04	26	15:53	1.76	45:25	25:48	8	6:04	26	15:53
Rad netto	40.00	1:25:03	2:07	5	8:05	23	12:24	41.76	2:10:28	3:07	6	14:09	26	26:07
Wechsel R -> L	0.13	2:03	15:46	6	0:52	24	1:06	41.89	2:12:31	3:09	5	14:28	24	27:13
Rad 000	40.13	1:27:06	2:10	4	8:24	23	12:54	41.89	2:12:31	3:09	5	14:28	24	27:13
Lauf	10.00	55:29	5:32	4	6:26	12	6:26	51.89	3:08:00	3:37	5	20:27	22	30:55