



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Boehling, Beate

Erkner: 3:08:41

Erkner: Berlin

Erkner: 143

Erkner: 51.89 km

Olympisch

Erkner:

SEN1 / TW 40

Erkner/Erkner: 176 (of 236)

Erkner/Erkner: 23 (of 38)

Erkner: 2:37:05

Erkner: 4(of 7)

Erkner: 3:03:57

Erkner

Erkner

Erkner

Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner
	km	Erkner	min/km	-	-	Erkner	Erkner	km	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	1.50	37:32	25:01	1	-	14	11:58	1.50	37:32	25:01	1	-	14	11:58
Wechsel S -> R	0.26	4:03	15:34	6	1:28	27	2:47	1.76	41:35	23:37	1	-	14	12:03
Schwimmen Erkner	1.76	41:35	23:37	1	-	14	12:03	1.76	41:35	23:37	1	-	14	12:03
Rad netto	40.00	1:26:04	2:09	6	7:07	26	13:25	41.76	2:07:39	3:03	5	6:56	22	23:18
Wechsel R -> L	0.13	2:31	19:21	6	1:11	33	1:34	41.89	2:10:10	3:06	5	7:54	22	24:52
Rad Erkner	40.13	1:28:35	2:12	6	8:05	26	14:23	41.89	2:10:10	3:06	5	7:54	22	24:52
Lauf	10.00	58:31	5:51	1	-	17	9:28	51.89	3:08:41	3:38	4	4:44	23	31:36