



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Schwenk, Christine

□□□: 3:13:48

□□: Berlin

□□: 317

□□: 51.89 km

Olympisch

□□□□:

AK2 / TW 25

□□□□□/□□□: 188 (of 236)

□□□□□/□: 26 (of 38)

□□□□□□: 2:37:05

□□□□□: 4(of 6)

□□□□□□□: 2:45:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	44:00	29:19	5	8:58	31	18:26	1.50	44:00	29:19	5	8:58	31	18:26	
Wechsel S -> R	0.26	4:03	15:34	5	1:54	27	2:47	1.76	48:03	27:18	5	10:48	31	18:31	
Schwimmen □□□	1.76	48:03	27:18	5	10:48	31	18:31	1.76	48:03	27:18	5	10:48	31	18:31	
Rad netto	40.00	1:22:47	2:04	4	5:33	18	10:08	41.76	2:10:50	3:07	4	16:09	27	26:29	
Wechsel R -> L	0.13	2:11	16:47	6	0:51	29	1:14	41.89	2:13:01	3:10	4	16:56	26	27:43	
Rad □□□	40.13	1:24:58	2:07	4	6:20	19	10:46	41.89	2:13:01	3:10	4	16:56	26	27:43	
Lauf	10.00	1:00:47	6:04	4	11:02	24	11:44	51.89	3:13:48	3:44	4	27:58	26	36:43	