



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Popp, Michael

Erkner: 2:30:47

Erkner: Frankfurt (Oder)

Erkner: 284

Erkner: 51.89 km

Olympisch

Erkner:

AK3 / TM 30

Erkner/Erkner: 17 (of 236)

Erkner/Erkner: 17 (of 198)

Erkner/Erkner: 2:14:41

Erkner: 7(of 45)

Erkner/Erkner: 2:14:41

Erkner

Erkner

Erkner

Erkner	km	Erkner	min/km	-	-	Erkner	Erkner	Erkner	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	1.50	37:23	24:55	19	12:41	88	12:41	1.50	37:23	24:55	19	12:41	88	12:41
Wechsel S -> R	0.26	3:33	13:39	26	2:13	119	2:13	1.76	40:56	23:15	18	14:01	91	14:01
Schwimmen Erkner	1.76	40:56	23:15	18	14:01	91	14:01	1.76	40:56	23:15	18	14:01	91	14:01
Rad netto	40.00	1:06:57	1:40	5	4:33	9	4:33	41.76	1:47:53	2:35	13	17:30	38	17:30
Wechsel R -> L	0.13	1:23	10:38	16	0:32	53	0:37	41.89	1:49:16	2:36	13	17:34	38	17:34
Rad Erkner	40.13	1:08:20	1:42	6	5:05	10	5:05	41.89	1:49:16	2:36	13	17:34	38	17:34
Lauf	10.00	41:31	4:09	1	-	3	3:20	51.89	2:30:47	2:54	7	16:06	17	16:06