



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Egan, Clare

Erkner: 3:17:35

Erkner: Berlin

Erkner: 169

Erkner: 51.89 km

Olympisch

Erkner:

AK3 / TW 30

Erkner/Erkner: 197 (of 236)

Erkner/Erkner: 29 (of 38)

Erkner: 2:37:05

Erkner: 8(of 10)

Erkner: 2:47:33

Erkner

Erkner

Erkner

Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner
	km	min	min/km	-	-	Erkner	Erkner	km	min	min/km	-	-	Erkner	Erkner
Schwimmen nett	1.50	41:35	27:43	8	6:55	25	16:01	1.50	41:35	27:43	8	6:55	25	16:01
Wechsel S -> R	0.26	3:32	13:35	5	1:19	20	2:16	1.76	45:07	25:38	6	5:46	23	15:35
Schwimmen Erkner	1.76	45:07	25:38	6	5:46	23	15:35	1.76	45:07	25:38	6	5:46	23	15:35
Rad netto	40.00	1:30:26	2:15	8	13:28	31	17:47	41.76	2:15:33	3:14	7	19:14	28	31:12
Wechsel R -> L	0.13	1:29	11:24	2	0:18	11	0:32	41.89	2:17:02	3:16	7	18:59	28	31:44
Rad Erkner	40.13	1:31:55	2:17	7	13:13	30	17:43	41.89	2:17:02	3:16	7	18:59	28	31:44
Lauf	10.00	1:00:33	6:03	7	11:30	22	11:30	51.89	3:17:35	3:48	8	30:02	29	40:30