



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Chernyak, Artiom

000: 3:31:28

00: Berlin

00: 156

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 211 (of 236)

00000/0: 178 (of 198)

000000: 2:14:41

00000: 28(of 30)

0000000: 2:17:44

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	46:18	30:51	30	18:19	176	21:36	1.50	46:18	30:51	30	18:19	176	21:36
Wechsel S -> R	0.26	7:12	27:41	29	5:23	190	5:52	1.76	53:30	30:23	30	23:42	182	26:35
Schwimmen 000	1.76	53:30	30:23	30	23:42	182	26:35	1.76	53:30	30:23	30	23:42	182	26:35
Rad netto	40.00	1:35:51	2:23	29	30:31	185	33:27	41.76	2:29:21	3:34	29	53:08	187	58:58
Wechsel R -> L	0.13	4:27	34:13	28	3:34	190	3:41	41.89	2:33:48	3:40	29	56:34	186	1:02:06
Rad 000	40.13	1:40:18	2:29	29	33:57	185	37:03	41.89	2:33:48	3:40	29	56:34	186	1:02:06
Lauf	10.00	57:40	5:46	23	17:10	130	19:29	51.89	3:31:28	4:04	28	1:13:44	180	1:16:47