



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Von Oy, Valentin

000: 4:35:09

00: Berlin

00: 72

00: 116.79 km

Mittel Distanz

00000/000: 1 (of 87)

00000/0: 1 (of 76)

000000: 4:35:09

0000:

AK2 / TM 25

00000: 1(of 9)

0000000: 4:35:09

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	1.90	29:24	15:28	2	1:05	6	27:51	1.90	29:24	15:28	2	1:05	6	27:51
Wechsel S -> R	0.26	1:46	6:47	1	-	2	0:09	2.16	31:10	14:25	2	0:39	4	0:40
Schwimmen 000	2.16	31:10	14:25	2	0:39	4	0:40	2.16	31:10	14:25	2	0:39	4	0:40
Rad netto	93.00	2:35:43	1:40	1	-	3	24:09	95.16	3:06:53	1:57	1	-	2	13:30
Wechsel R -> L	0.13	1:31	11:39	3	0:18	18	0:30	95.29	3:08:24	1:58	1	-	1	-
Rad 000	93.13	2:37:14	1:41	1	-	2	9:52	95.29	3:08:24	1:58	1	-	1	-
Lauf	21.50	1:26:45	4:02	1	-	1	-	116.79	4:35:09	2:21	1	-	1	-