



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Krummel, Gunnar

Erkner: 4:47:27

Erkner: Berlin

Erkner: 36

Erkner: 116.79 km

Mittel Distanz

Erkner/Erkner: 2 (of 87)

Erkner/Erkner: 2 (of 76)

Erkner: 4:35:09

Erkner:

AK4 / TM 35

Erkner: 1(of 14)

Erkner: 4:47:27

Erkner

Erkner

Erkner

| Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner |
|------------------|--------|---------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
| | km | Erkner | min/km | - | - | Erkner | Erkner | km | Erkner | min/km | - | - | Erkner | Erkner |
| Schwimmen nett | 1.90 | 28:33 | 15:01 | 1 | - | 5 | 27:00 | 1.90 | 28:33 | 15:01 | 1 | - | 5 | 27:00 |
| Wechsel S -> R | 0.26 | 2:39 | 10:11 | 4 | 1:02 | 20 | 1:02 | 2.16 | 31:12 | 14:26 | 1 | - | 5 | 0:42 |
| Schwimmen Erkner | 2.16 | 31:12 | 14:26 | 1 | - | 5 | 0:42 | 2.16 | 31:12 | 14:26 | 1 | - | 5 | 0:42 |
| Rad netto | 93.00 | 2:41:54 | 1:44 | 2 | 0:05 | 6 | 30:20 | 95.16 | 3:13:06 | 2:01 | 1 | - | 5 | 19:43 |
| Wechsel R -> L | 0.13 | 1:15 | 9:36 | 2 | 0:03 | 8 | 0:14 | 95.29 | 3:14:21 | 2:02 | 1 | - | 4 | 5:57 |
| Rad Erkner | 93.13 | 2:43:09 | 1:45 | 2 | 0:08 | 5 | 15:47 | 95.29 | 3:14:21 | 2:02 | 1 | - | 4 | 5:57 |
| Lauf | 21.50 | 1:33:06 | 4:19 | 1 | - | 2 | 6:21 | 116.79 | 4:47:27 | 2:27 | 1 | - | 2 | 12:18 |