



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Burkhardt, Nils

000: 5:03:54

00: SC Norweger 1896 Annaberg e.V

00: 3

00: 116.79 km

Mittel Distanz

00000/000: 6 (of 87)

00000/0: 6 (of 76)

000000: 4:35:09

0000:

AK3 / TM 30

00000: 1(of 17)

0000000: 5:03:54

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	36:53	19:24	3	0:45	26	35:20	1.90	36:53	19:24	3	0:45	26	35:20
Wechsel S -> R	0.26	2:46	10:38	5	0:30	24	1:09	2.16	39:39	18:21	3	1:07	23	9:09
Schwimmen 000	2.16	39:39	18:21	3	1:07	23	9:09	2.16	39:39	18:21	3	1:07	23	9:09
Rad netto	93.00	2:46:42	1:47	3	35:08	10	35:08	95.16	3:26:21	2:10	2	32:58	12	32:58
Wechsel R -> L	0.13	1:16	9:44	3	0:15	9	0:15	95.29	3:27:37	2:10	1	-	11	19:13
Rad 000	93.13	2:47:58	1:48	2	1:36	8	20:36	95.29	3:27:37	2:10	1	-	11	19:13
Lauf	21.50	1:36:17	4:28	1	-	6	9:32	116.79	5:03:54	2:36	1	-	6	28:45