



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Deschang, Tobias

□□□: 5:23:16

□□: Berlin

□□: 12

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 18 (of 87)

□□□□□/□: 18 (of 76)

□□□□□□: 4:35:09

□□□□:

AK3 / TM 30

□□□□□: 4(of 17)

□□□□□□□: 5:03:54

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 1.90     | 37:41    | 19:49        | 7       | 1:33    | 30      | 36:08   | 1.90   | 37:41   | 19:49 | 7       | 1:33    | 30      | 36:08   |
| Wechsel S -> R | 0.26     | 3:28     | 13:20        | 11      | 1:12    | 45      | 1:51    | 2.16   | 41:09   | 19:03 | 8       | 2:37    | 30      | 10:39   |
| Schwimmen □□□  | 2.16     | 41:09    | 19:03        | 8       | 2:37    | 30      | 10:39   | 2.16   | 41:09   | 19:03 | 8       | 2:37    | 30      | 10:39   |
| Rad netto      | 93.00    | 2:59:06  | 1:55         | 11      | 47:32   | 42      | 47:32   | 95.16  | 3:40:15 | 2:18  | 11      | 46:52   | 42      | 46:52   |
| Wechsel R -> L | 0.13     | 1:23     | 10:38        | 4       | 0:22    | 12      | 0:22    | 95.29  | 3:41:38 | 2:19  | 10      | 14:01   | 40      | 33:14   |
| Rad □□□        | 93.13    | 3:00:29  | 1:56         | 9       | 14:07   | 39      | 33:07   | 95.29  | 3:41:38 | 2:19  | 10      | 14:01   | 40      | 33:14   |
| Lauf           | 21.50    | 1:41:38  | 4:43         | 3       | 5:21    | 10      | 14:53   | 116.79 | 5:23:16 | 2:46  | 4       | 19:22   | 18      | 48:07   |