



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Franke, Gregor

000: 2:33:14

00: Velpke

00: 176

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 22 (of 236)

00000/0: 22 (of 198)

000000: 2:14:41

00000: 2(of 28)

0000000: 2:29:21

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	28:56	19:17	1	-	14	4:14	1.50	28:56	19:17	1	-	14	4:14
Wechsel S -> R	0.26	2:02	7:49	1	-	18	0:42	1.76	30:58	17:35	1	-	15	4:03
Schwimmen 000	1.76	30:58	17:35	1	-	15	4:03	1.76	30:58	17:35	1	-	15	4:03
Rad netto	40.00	1:12:23	1:48	5	5:28	55	9:59	41.76	1:43:21	2:28	2	1:52	19	12:58
Wechsel R -> L	0.13	1:19	10:07	6	0:13	44	0:33	41.89	1:44:40	2:29	2	2:04	19	12:58
Rad 000	40.13	1:13:42	1:50	5	5:40	53	10:27	41.89	1:44:40	2:29	2	2:04	19	12:58
Lauf	10.00	48:34	4:51	6	5:55	46	10:23	51.89	2:33:14	2:57	2	3:53	22	18:33