



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Claußen, Lena

□□□: 5:50:37

□□: Norderstedt

□□: 11

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 50 (of 87)

□□□□□/□: 3 (of 11)

□□□□□□: 5:24:24

□□□□:

AK2 / TW 25

□□□□□: 2(of 4)

□□□□□□□: 5:24:24

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.90 | 34:43 | 18:16 | 1 | - | 1 | - | 1.90 | 34:43 | 18:16 | 1 | - | 1 | - |
| Wechsel S -> R | 0.26 | 1:53 | 7:14 | 1 | - | 1 | - | 2.16 | 36:36 | 16:56 | 1 | - | 1 | - |
| Schwimmen □□□ | 2.16 | 36:36 | 16:56 | 1 | - | 1 | - | 2.16 | 36:36 | 16:56 | 1 | - | 1 | - |
| Rad netto | 93.00 | 3:01:40 | 1:57 | 1 | - | 1 | - | 95.16 | 3:38:16 | 2:17 | 1 | - | 1 | - |
| Wechsel R -> L | 0.13 | 1:31 | 11:39 | 2 | 0:09 | 2 | 0:09 | 95.29 | 3:39:47 | 2:18 | 1 | - | 1 | - |
| Rad □□□ | 93.13 | 3:03:11 | 1:58 | 1 | - | 1 | - | 95.29 | 3:39:47 | 2:18 | 1 | - | 1 | - |
| Lauf | 21.50 | 2:10:50 | 6:05 | 2 | 33:03 | 4 | 33:03 | 116.79 | 5:50:37 | 3:00 | 2 | 26:13 | 3 | 26:13 |