



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Heinritze, Doreen

000: 6:01:07

00: Forst

00: 52

00: 116.79 km

Mittel Distanz

0000:

SEN1 / TW 40

00000/000: 58 (of 87)

00000/0: 4 (of 11)

000000: 5:24:24

00000: 2(of 3)

0000000: 5:48:41

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	43:12	22:44	2	2:47	9	8:29	1.90	43:12	22:44	2	2:47	9	8:29
Wechsel S -> R	0.26	3:25	13:08	1	-	3	1:32	2.16	46:37	21:34	2	2:46	7	10:01
Schwimmen 000	2.16	46:37	21:34	2	2:46	7	10:01	2.16	46:37	21:34	2	2:46	7	10:01
Rad netto	93.00	3:16:03	2:06	2	5:38	6	14:23	95.16	4:02:40	2:33	2	8:24	7	24:24
Wechsel R -> L	0.13	2:15	17:18	1	-	5	0:53	95.29	4:04:55	2:34	2	7:55	7	25:08
Rad 000	93.13	3:18:18	2:07	2	5:09	6	15:07	95.29	4:04:55	2:34	2	7:55	7	25:08
Lauf	21.50	1:56:12	5:24	2	4:31	3	18:25	116.79	6:01:07	3:05	2	12:26	4	36:43