



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Kranz, Sven

Erkner: 6:03:07

Erkner: Saal

Erkner: 81

Erkner: 116.79 km

Mittel Distanz

Erkner/Erkner: 60 (of 87)

Erkner/Erkner: 56 (of 76)

Erkner: 4:35:09

Erkner:

SEN1 / TM 40

Erkner: 10(of 14)

Erkner: 4:58:13

Erkner

Erkner

Erkner

| Erkner | km | Erkner | min/km | - | - | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | |
|------------------|-------|---------|--------|----|-------|--------|---------|--------|---------|--------|--------|---------|--------|---------|
| Schwimmen nett | 1.90 | 41:51 | 22:01 | 11 | 40:18 | 55 | 40:18 | 1.90 | 41:51 | 22:01 | 11 | 40:18 | 55 | 40:18 |
| Wechsel S -> R | 0.26 | 2:59 | 11:28 | 5 | 0:42 | 32 | 1:22 | 2.16 | 44:50 | 20:45 | 10 | 10:12 | 51 | 14:20 |
| Schwimmen Erkner | 2.16 | 44:50 | 20:45 | 10 | 10:12 | 51 | 14:20 | 2.16 | 44:50 | 20:45 | 10 | 10:12 | 51 | 14:20 |
| Rad netto | 93.00 | 3:18:22 | 2:07 | 13 | 54:30 | 69 | 1:06:48 | 95.16 | 4:03:12 | 2:33 | 13 | 55:00 | 66 | 1:09:49 |
| Wechsel R -> L | 0.13 | 2:17 | 17:33 | 8 | 0:58 | 48 | 1:16 | 95.29 | 4:05:29 | 2:34 | 12 | 53:47 | 64 | 57:05 |
| Rad Erkner | 93.13 | 3:20:39 | 2:09 | 12 | 53:17 | 67 | 53:17 | 95.29 | 4:05:29 | 2:34 | 12 | 53:47 | 64 | 57:05 |
| Lauf | 21.50 | 1:57:38 | 5:28 | 8 | 24:02 | 42 | 30:53 | 116.79 | 6:03:07 | 3:06 | 10 | 1:04:54 | 56 | 1:27:58 |