



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Glas, Oliver

000: 6:19:26

00: Berlin

00: 26

00: 116.79 km

Mittel Distanz

00000/000: 73 (of 87)

00000/0: 67 (of 76)

000000: 4:35:09

0000:

AK3 / TM 30

00000: 14(of 17)

0000000: 5:03:54

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	36:53	19:24	3	0:45	26	35:20	1.90	36:53	19:24	3	0:45	26	35:20
Wechsel S -> R	0.26	4:14	16:16	13	1:58	61	2:37	2.16	41:07	19:02	7	2:35	29	10:37
Schwimmen 000	2.16	41:07	19:02	7	2:35	29	10:37	2.16	41:07	19:02	7	2:35	29	10:37
Rad netto	93.00	3:08:08	2:01	14	56:34	54	56:34	95.16	3:49:15	2:24	14	55:52	52	55:52
Wechsel R -> L	0.13	1:29	11:24	5	0:28	15	0:28	95.29	3:50:44	2:25	13	23:07	49	42:20
Rad 000	93.13	3:09:37	2:02	13	23:15	51	42:15	95.29	3:50:44	2:25	13	23:07	49	42:20
Lauf	21.50	2:28:42	6:54	14	52:25	67	1:01:57	116.79	6:19:26	3:14	14	1:15:32	67	1:44:17