



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Rasser, Jens

□□□: 6:31:53

□□: Sundhagen

□□: 56

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 75 (of 87)

□□□□□/□: 68 (of 76)

□□□□□□: 4:35:09

□□□□:

SEN3 / TM 50

□□□□□: 8(of 9)

□□□□□□□: 4:55:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.90	49:15	25:55	8	20:52	75	47:42	1.90	49:15	25:55	8	20:52	75	47:42
Wechsel S -> R	0.26	3:56	15:07	7	2:03	58	2:19	2.16	53:11	24:37	8	22:41	74	22:41
Schwimmen □□□	2.16	53:11	24:37	8	22:41	74	22:41	2.16	53:11	24:37	8	22:41	74	22:41
Rad netto	93.00	3:20:00	2:09	8	38:27	70	1:08:26	95.16	4:13:11	2:39	8	1:01:08	72	1:19:48
Wechsel R -> L	0.13	2:30	19:13	5	1:20	54	1:29	95.29	4:15:41	2:40	8	1:02:28	70	1:07:17
Rad □□□	93.13	3:22:30	2:10	8	39:47	68	55:08	95.29	4:15:41	2:40	8	1:02:28	70	1:07:17
Lauf	21.50	2:16:12	6:20	8	33:54	62	49:27	116.79	6:31:53	3:21	8	1:36:22	68	1:56:44