



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Assif, Yuval

Erkner: 2:34:36

Erkner: Breakfast Club Jerusalem

Erkner: 221

Erkner: 51.89 km

Olympisch

Erkner/Erkner: 27 (of 236)

Erkner/Erkner: 27 (of 198)

Erkner/Erkner: 2:14:41

Erkner:

Erkner: 6(of 30)

AK4 / TM 35

Erkner/Erkner: 2:17:44

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	37:56	25:17	16	9:57	97	13:14	1.50	37:56	25:17	16	9:57	97	13:14
Wechsel S -> R	0.26	2:28	9:29	7	0:39	37	1:08	1.76	40:24	22:57	15	10:36	82	13:29
Schwimmen Erkner	1.76	40:24	22:57	15	10:36	82	13:29	1.76	40:24	22:57	15	10:36	82	13:29
Rad netto	40.00	1:09:34	1:44	4	4:14	20	7:10	41.76	1:49:58	2:37	9	13:45	48	19:35
Wechsel R -> L	0.13	1:06	8:27	6	0:13	22	0:20	41.89	1:51:04	2:39	9	13:50	47	19:22
Rad Erkner	40.13	1:10:40	1:45	4	4:19	19	7:25	41.89	1:51:04	2:39	9	13:50	47	19:22
Lauf	10.00	43:32	4:21	2	3:02	11	5:21	51.89	2:34:36	2:58	6	16:52	27	19:55