



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Mainka, Frank

Erkner: 1:26:23

Erkner: Plauen

Erkner: 678

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 35 (of 318)

Erkner/Erkner: 33 (of 226)

Erkner/Erkner: 1:14:36

Erkner:

Erkner: 4(of 28)

SEN3 / TM 50

Erkner/Erkner: 1:22:54

Erkner

Erkner

Erkner

| Erkner           | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner  | Erkner | Erkner | Erkner | Erkner |        |
|------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
|                  | km     | Erkner | min/km | -      | -      | Erkner | Erkner | km     | Erkner  | min/km | -      | -      | Erkner | Erkner |
| Schwimmen nett   | 0.70   | 19:07  | 27:18  | 17     | 5:18   | 118    | 7:35   | 0.70   | 19:07   | 27:18  | 17     | 5:18   | 118    | 7:35   |
| Wechsel S -> R   | 0.26   | 2:28   | 9:29   | 7      | 0:38   | 57     | 1:08   | 0.96   | 21:35   | 22:28  | 14     | 5:34   | 103    | 8:37   |
| Schwimmen Erkner | 0.96   | 21:35  | 22:28  | 14     | 5:34   | 103    | 8:37   | 0.96   | 21:35   | 22:28  | 14     | 5:34   | 103    | 8:37   |
| Rad netto        | 28.00  | 49:04  | 1:45   | 3      | 1:32   | 25     | 3:45   | 28.96  | 1:10:39 | 2:26   | 6      | 4:21   | 47     | 10:36  |
| Wechsel R -> L   | 0.13   | 1:03   | 8:04   | 2      | 0:04   | 39     | 0:25   | 29.09  | 1:11:42 | 2:27   | 5      | 4:00   | 44     | 11:00  |
| Rad Erkner       | 28.13  | 50:07  | 1:46   | 3      | 1:11   | 23     | 4:05   | 29.09  | 1:11:42 | 2:27   | 5      | 4:00   | 44     | 11:00  |
| Lauf             | 3.60   | 14:41  | 4:04   | 1      | -      | 18     | 1:26   | 32.69  | 1:26:23 | 2:38   | 4      | 3:29   | 33     | 11:47  |