



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Linke, Stefan

Erkner: 1:32:18

Erkner: Berlin

Erkner: 674

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 102 (of 318)

Erkner/Erkner: 90 (of 226)

Erkner/Erkner: 1:14:36

Erkner:

Erkner: 16(of 35)

AK3 / TM 30

Erkner/Erkner: 1:17:33

Erkner

Erkner

Erkner

	km	min/km	-	-	min/km	km	min/km	km	min/km	-	-	min/km	km	min/km
Schwimmen nett	0.70	19:11	27:24	21	6:17	123	7:39	0.70	19:11	27:24	21	6:17	123	7:39
Wechsel S -> R	0.26	3:42	14:13	29	2:14	165	2:22	0.96	22:53	23:50	29	7:31	138	9:55
Schwimmen	0.96	22:53	23:50	29	7:31	138	9:55	0.96	22:53	23:50	29	7:31	138	9:55
Rad netto	28.00	52:45	1:53	16	6:50	97	7:26	28.96	1:15:38	2:36	22	11:58	120	15:35
Wechsel R -> L	0.13	0:49	6:16	5	0:11	9	0:11	29.09	1:16:27	2:37	21	12:09	111	15:45
Rad	28.13	53:34	1:54	15	7:01	82	7:32	29.09	1:16:27	2:37	21	12:09	111	15:45
Lauf	3.60	15:51	4:24	13	2:36	52	2:36	32.69	1:32:18	2:49	16	14:45	90	17:42