



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Boddin, Philip

Erkner: 1:33:32

Erkner: Berlin

Erkner: 529

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 114 (of 318)

Erkner/Erkner: 101 (of 226)

Erkner/Erkner: 1:14:36

Erkner:

Erkner: 19(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	19:36	28:00	27	6:42	139	8:04	0.70	19:36	28:00	27	6:42	139	8:04
Wechsel S -> R	0.26	3:00	11:32	23	1:32	113	1:40	0.96	22:36	23:32	26	7:14	130	9:38
Schwimmen	0.96	22:36	23:32	26	7:14	130	9:38	0.96	22:36	23:32	26	7:14	130	9:38
Rad netto	28.00	52:21	1:52	14	6:26	86	7:02	28.96	1:14:57	2:35	19	11:17	106	14:54
Wechsel R -> L	0.13	1:11	9:06	20	0:33	63	0:33	29.09	1:16:08	2:37	18	11:50	104	15:26
Rad	28.13	53:32	1:54	13	6:59	79	7:30	29.09	1:16:08	2:37	18	11:50	104	15:26
Lauf	3.60	17:24	4:49	24	4:09	107	4:09	32.69	1:33:32	2:51	19	15:59	102	18:56