



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Vanselow, Thomas

Erkner: 2:38:26

Erkner: 419

Erkner: 51.89 km

Olympisch

Erkner:

SEN1 / TM 40

Erkner/Erkner: 41 (of 236)

Erkner/Erkner: 40 (of 198)

Erkner: 2:14:41

Erkner: 4(of 28)

Erkner: 2:29:21

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	37:54	25:15	15	8:58	94	13:12	1.50	37:54	25:15	15	8:58	94	13:12
Wechsel S -> R	0.26	3:33	13:39	17	1:31	119	2:13	1.76	41:27	23:33	15	10:29	100	14:32
Schwimmen Erkner	1.76	41:27	23:33	15	10:29	100	14:32	1.76	41:27	23:33	15	10:29	100	14:32
Rad netto	40.00	1:11:34	1:47	3	4:39	42	9:10	41.76	1:53:01	2:42	7	11:32	68	22:38
Wechsel R -> L	0.13	1:30	11:32	9	0:24	66	0:44	41.89	1:54:31	2:44	8	11:55	68	22:49
Rad Erkner	40.13	1:13:04	1:49	3	5:02	41	9:49	41.89	1:54:31	2:44	8	11:55	68	22:49
Lauf	10.00	43:55	4:23	2	1:16	14	5:44	51.89	2:38:26	3:03	4	9:05	40	23:45