



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Vogel, Swen

Erkner: 1:35:17

Erkner: Zwickau

Erkner: 839

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 142 (of 318)

Erkner/Erkner: 121 (of 226)

Erkner/Erkner: 1:14:36

Erkner:

Erkner: 3(of 15)

SEN4 / TM 55

Erkner/Erkner: 1:27:46

Erkner

Erkner

Erkner

| Erkner           | km    | km    | min/km | -  | -    | km  | km   | km    | km      | min/km | - | -    | km  | km    |
|------------------|-------|-------|--------|----|------|-----|------|-------|---------|--------|---|------|-----|-------|
| Schwimmen nett   | 0.70  | 17:37 | 25:10  | 4  | 2:09 | 77  | 6:05 | 0.70  | 17:37   | 25:10  | 4 | 2:09 | 77  | 6:05  |
| Wechsel S -> R   | 0.26  | 3:13  | 12:22  | 5  | 1:02 | 135 | 1:53 | 0.96  | 20:50   | 21:42  | 4 | 3:01 | 89  | 7:52  |
| Schwimmen Erkner | 0.96  | 20:50 | 21:42  | 4  | 3:01 | 89  | 7:52 | 0.96  | 20:50   | 21:42  | 4 | 3:01 | 89  | 7:52  |
| Rad netto        | 28.00 | 52:14 | 1:51   | 3  | 1:28 | 82  | 6:55 | 28.96 | 1:13:04 | 2:31   | 3 | 4:17 | 82  | 13:01 |
| Wechsel R -> L   | 0.13  | 1:22  | 10:30  | 5  | 0:15 | 99  | 0:44 | 29.09 | 1:14:26 | 2:33   | 3 | 4:19 | 82  | 13:44 |
| Rad Erkner       | 28.13 | 53:36 | 1:54   | 3  | 1:30 | 83  | 7:34 | 29.09 | 1:14:26 | 2:33   | 3 | 4:19 | 82  | 13:44 |
| Lauf             | 3.60  | 20:51 | 5:47   | 10 | 5:09 | 181 | 7:36 | 32.69 | 1:35:17 | 2:54   | 3 | 7:31 | 122 | 20:41 |