



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Stöckigt, Jan

Time: 1:35:27

City: Berlin

Age: 813

Distance: 32.69 km

Participants: 143 (of 318)

Jedermann/Sprint

Participants: 122 (of 226)

Time: 1:14:36

Category:

Participants: 12 (of 22)

SEN2 / TM 45

Time: 1:19:17

Erkner

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Erkner	km	Time	min/km	-	-	km	Time	km	Time	min/km	-	-	km	Time
Schwimmen nett	0.70	19:08	27:20	11	5:39	119	7:36	0.70	19:08	27:20	11	5:39	119	7:36
Wechsel S -> R	0.26	2:40	10:15	6	0:47	80	1:20	0.96	21:48	22:42	10	6:11	106	8:50
Schwimmen	0.96	21:48	22:42	10	6:11	106	8:50	0.96	21:48	22:42	10	6:11	106	8:50
Rad netto	28.00	53:15	1:54	11	7:18	105	7:56	28.96	1:15:03	2:35	10	12:08	109	15:00
Wechsel R -> L	0.13	1:23	10:38	8	0:26	103	0:45	29.09	1:16:26	2:37	9	12:28	110	15:44
Rad	28.13	54:38	1:56	10	7:38	107	8:36	29.09	1:16:26	2:37	9	12:28	110	15:44
Lauf	3.60	19:01	5:16	15	4:27	158	5:46	32.69	1:35:27	2:55	12	16:10	123	20:51