



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Koch, Maximilian

City: Berlin

Age: 955

Distance: 32.69 km

Jedermann/Sprint

Category:

AK2 / TM 25

Participants/Total: DSQ (of 318)

Participants/Category: DSQ (of 226)

Participants/Category: 1:14:36

Participants/Category: DSQ(of 18)

Participants/Category: 1:19:28

Erkner

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Erkner	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	0.70	18:20	26:11	7	4:29	99	6:48	0.70	18:20	26:11	7	4:29	99	6:48
Wechsel S -> R	0.26	4:14	16:16	16	2:27	191	2:54	0.96	22:34	23:30	8	6:56	129	9:36
Schwimmen Brutto	0.96	22:34	23:30	8	6:56	129	9:36	0.96	22:34	23:30	8	6:56	129	9:36
Rad netto	28.00	52:37	1:52	6	7:18	92	7:18	28.96	1:15:11	2:35	7	11:33	113	15:08
Wechsel R -> L	0.13	1:10	8:58	6	0:27	58	0:32	29.09	1:16:21	2:37	7	12:00	108	15:39
Rad Brutto	28.13	53:47	1:54	6	7:45	88	7:45	29.09	1:16:21	2:37	7	12:00	108	15:39
Lauf	3.60	16:39	4:37	8	2:20	77	3:24	32.69	-	-	-	-	-	-