



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Krüger, Eric

Erkner: 2:38:29

Erkner: Berlin

Erkner: 241

Erkner: 51.89 km

Olympisch

Erkner/Erkner: 42 (of 236)

Erkner/Erkner: 41 (of 198)

Erkner: 2:14:41

Erkner:

Erkner: 4(of 17)

AK2 / TM 25

Erkner: 2:22:46

Erkner

Erkner

Erkner

	km	min/km	-	-	min/km	-	-	km	min/km	-	-	min/km	-	-
Schwimmen nett	1.50	27:27	18:18	1	-	6	2:45	1.50	27:27	18:18	1	-	6	2:45
Wechsel S -> R	0.26	2:37	10:03	7	0:55	46	1:17	1.76	30:04	17:04	1	-	9	3:09
Schwimmen	1.76	30:04	17:04	1	-	9	3:09	1.76	30:04	17:04	1	-	9	3:09
Rad netto	40.00	1:21:39	2:02	13	12:20	152	19:15	41.76	1:51:43	2:40	6	11:37	54	21:20
Wechsel R -> L	0.13	0:54	6:55	1	-	9	0:08	41.89	1:52:37	2:41	6	11:25	52	20:55
Rad	40.13	1:22:33	2:03	12	11:48	142	19:18	41.89	1:52:37	2:41	6	11:25	52	20:55
Lauf	10.00	45:52	4:35	2	4:18	20	7:41	51.89	2:38:29	3:03	4	15:43	41	23:48