



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Bruchmann, Norman

Erkner: 2:39:00

Erkner

149

51.89 km

Olympisch

Erkner:

AK2 / TM 25

Erkner/Erkner: 43 (of 236)

Erkner/Erkner: 42 (of 198)

Erkner: 2:14:41

Erkner: 5(of 17)

Erkner: 2:22:46

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	36:35	24:23	7	9:08	76	11:53	1.50	36:35	24:23	7	9:08	76	11:53
Wechsel S -> R	0.26	2:19	8:54	6	0:37	34	0:59	1.76	38:54	22:06	7	8:50	66	11:59
Schwimmen Erkner	1.76	38:54	22:06	7	8:50	66	11:59	1.76	38:54	22:06	7	8:50	66	11:59
Rad netto	40.00	1:10:56	1:46	5	1:37	37	8:32	41.76	1:49:50	2:37	5	9:44	47	19:27
Wechsel R -> L	0.13	1:06	8:27	4	0:12	22	0:20	41.89	1:50:56	2:38	5	9:44	45	19:14
Rad Erkner	40.13	1:12:02	1:47	4	1:17	29	8:47	41.89	1:50:56	2:38	5	9:44	45	19:14
Lauf	10.00	48:04	4:48	4	6:30	44	9:53	51.89	2:39:00	3:03	5	16:14	42	24:19