



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Paulisch, Steffen

Erkner: 1:38:34

Erkner

726

32.69 km

Jedermann/Sprint

Erkner/Erkner: 173 (of 318)

Erkner/Erkner: 147 (of 226)

Erkner: 1:14:36

Erkner:

Erkner: 15(of 22)

SEN2 / TM 45

Erkner: 1:19:17

Erkner

Erkner

Erkner

| Erkner           | km    | km    | min/km | -  | -     | km  | km    | km    | km      | min/km | -  | -     | km  | km    |
|------------------|-------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| Schwimmen nett   | 0.70  | 16:12 | 23:08  | 5  | 2:43  | 43  | 4:40  | 0.70  | 16:12   | 23:08  | 5  | 2:43  | 43  | 4:40  |
| Wechsel S -> R   | 0.26  | 4:02  | 15:30  | 17 | 2:09  | 182 | 2:42  | 0.96  | 20:14   | 21:04  | 6  | 4:37  | 74  | 7:16  |
| Schwimmen Erkner | 0.96  | 20:14 | 21:04  | 6  | 4:37  | 74  | 7:16  | 0.96  | 20:14   | 21:04  | 6  | 4:37  | 74  | 7:16  |
| Rad netto        | 28.00 | 57:38 | 2:03   | 19 | 11:41 | 185 | 12:19 | 28.96 | 1:17:52 | 2:41   | 14 | 14:57 | 141 | 17:49 |
| Wechsel R -> L   | 0.13  | 1:48  | 13:50  | 12 | 0:51  | 163 | 1:10  | 29.09 | 1:19:40 | 2:44   | 14 | 15:42 | 146 | 18:58 |
| Rad Erkner       | 28.13 | 59:26 | 2:06   | 19 | 12:26 | 186 | 13:24 | 29.09 | 1:19:40 | 2:44   | 14 | 15:42 | 146 | 18:58 |
| Lauf             | 3.60  | 18:54 | 5:14   | 14 | 4:20  | 152 | 5:39  | 32.69 | 1:38:34 | 3:00   | 15 | 19:17 | 148 | 23:58 |