



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Ide, André

Erkner: 1:39:32

Erkner

626

Erkner/Erkner: 185 (of 318)

Erkner/Erkner: 157 (of 226)

Erkner: 1:14:36

Erkner: 26(of 39)

Erkner: 1:22:32

Enduro U13

Erkner:

SEN1 / TM 40

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	24:06	34:25	35	11:13	210	12:34	0.70	24:06	34:25	35	11:13	210	12:34
Wechsel S -> R	0.26	3:18	12:41	22	1:32	140	1:58	0.96	27:24	28:32	34	12:19	203	14:26
Schwimmen Erkner	0.96	27:24	28:32	34	12:19	203	14:26	0.96	27:24	28:32	34	12:19	203	14:26
Rad netto	28.00	52:51	1:53	17	4:58	100	7:32	28.96	1:20:15	2:46	29	13:59	171	20:12
Wechsel R -> L	0.13	1:56	14:52	32	1:05	179	1:18	29.09	1:22:11	2:49	29	14:23	171	21:29
Rad Erkner	28.13	54:47	1:56	17	5:22	108	8:45	29.09	1:22:11	2:49	29	14:23	171	21:29
Lauf	3.60	17:21	4:49	14	2:37	106	4:06	-	1:39:32	-	26	17:00	158	24:56