



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Triebkorn, Marcus

000: 2:40:03

00: Berlin

00: 341

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 47 (of 236)

00000/0: 46 (of 198)

000000: 2:14:41

00000: 7(of 28)

0000000: 2:23:41

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	37:54	25:15	16	10:40	94	13:12	1.50	37:54	25:15	16	10:40	94	13:12
Wechsel S -> R	0.26	3:27	13:16	16	1:47	116	2:07	1.76	41:21	23:29	16	11:45	98	14:26
Schwimmen 000	1.76	41:21	23:29	16	11:45	98	14:26	1.76	41:21	23:29	16	11:45	98	14:26
Rad netto	40.00	1:10:58	1:46	8	2:35	38	8:34	41.76	1:52:19	2:41	10	14:12	65	21:56
Wechsel R -> L	0.13	1:24	10:46	7	0:34	56	0:38	41.89	1:53:43	2:42	9	14:46	61	22:01
Rad 000	40.13	1:12:22	1:48	8	3:09	36	9:07	41.89	1:53:43	2:42	9	14:46	61	22:01
Lauf	10.00	46:20	4:38	3	3:32	24	8:09	51.89	2:40:03	3:05	7	16:22	46	25:22