



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

## Lipinsky, Claudia

Erkner: 2:37:05

Erkner: MSV Tripoint Frankfurt (Oder)

Erkner: 392

Erkner: 51.89 km

Olympisch

Erkner:

AK4 / TW 35

Erkner/Erkner: 37 (of 236)

Erkner/Erkner: 1 (of 38)

Erkner: 2:37:05

Erkner: 1(of 5)

Erkner: 2:37:05

Erkner

Erkner

Erkner

| Erkner           | Erkner | Erkner  | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner  | Erkner | Erkner | Erkner | Erkner | Erkner |
|------------------|--------|---------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
|                  | km     | min     | min/km | -      | -      | Erkner | Erkner | km     | min     | min/km | -      | -      | Erkner | Erkner |
| Schwimmen nett   | 1.50   | 28:34   | 19:02  | 2      | 0:06   | 3      | 3:00   | 1.50   | 28:34   | 19:02  | 2      | 0:06   | 3      | 3:00   |
| Wechsel S -> R   | 0.26   | 2:23    | 9:09   | 3      | 1:07   | 7      | 1:07   | 1.76   | 30:57   | 17:35  | 2      | 1:13   | 3      | 1:25   |
| Schwimmen Erkner | 1.76   | 30:57   | 17:35  | 2      | 1:13   | 3      | 1:25   | 1.76   | 30:57   | 17:35  | 2      | 1:13   | 3      | 1:25   |
| Rad netto        | 40.00  | 1:13:24 | 1:50   | 1      | -      | 2      | 0:45   | 41.76  | 1:44:21 | 2:29   | 1      | -      | 1      | -      |
| Wechsel R -> L   | 0.13   | 0:57    | 7:18   | 1      | -      | 1      | -      | 41.89  | 1:45:18 | 2:30   | 1      | -      | 1      | -      |
| Rad Erkner       | 40.13  | 1:14:21 | 1:51   | 1      | -      | 2      | 0:09   | 41.89  | 1:45:18 | 2:30   | 1      | -      | 1      | -      |
| Lauf             | 10.00  | 51:47   | 5:10   | 2      | 1:01   | 7      | 2:44   | 51.89  | 2:37:05 | 3:01   | 1      | -      | 1      | -      |