



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Bobka, Freya

Erkner: 1:39:52

Erkner: Potsdam

Erkner: 528

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 190 (of 318)

Erkner/Erkner: 30 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 7(of 13)

AK2 / TW 25

Erkner/Erkner: 1:26:29

Erkner

Erkner

Erkner

	km	min/km	-	-	h	h	km	min/km	-	-	h	h		
Schwimmen nett	0.70	19:39	28:04	9	3:04	45	6:08	0.70	19:39	28:04	9	3:04	45	6:08
Wechsel S -> R	0.26	2:59	11:28	8	1:05	41	1:33	0.96	22:38	23:34	8	4:01	42	7:37
Schwimmen	0.96	22:38	23:34	8	4:01	42	7:37	0.96	22:38	23:34	8	4:01	42	7:37
Rad netto	28.00	57:50	2:03	5	6:43	33	7:27	28.96	1:20:28	2:46	7	10:44	34	14:03
Wechsel R -> L	0.13	1:53	14:29	10	1:05	71	1:05	29.09	1:22:21	2:49	7	11:01	36	15:07
Rad	28.13	59:43	2:07	6	7:00	34	8:16	29.09	1:22:21	2:49	7	11:01	36	15:07
Lauf	3.60	17:31	4:51	6	2:42	21	2:58	32.69	1:39:52	3:03	7	13:23	30	16:42