



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

El-Masri, Nadiya

Erkner: 1:40:21

Erkner: berlin

Erkner: 633

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 195 (of 318)

Erkner/Erkner: 31 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 5(of 21)

SEN1 / TW 40

Erkner/Erkner: 1:30:04

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	16:43	23:52	1	-	9	3:12	0.70	16:43	23:52	1	-	9	3:12
Wechsel S -> R	0.26	2:45	10:34	7	0:54	30	1:19	0.96	19:28	20:16	1	-	13	4:27
Schwimmen Erkner	0.96	19:28	20:16	1	-	13	4:27	0.96	19:28	20:16	1	-	13	4:27
Rad netto	28.00	1:02:38	2:14	13	8:50	59	12:15	28.96	1:22:06	2:50	10	8:22	41	15:41
Wechsel R -> L	0.13	0:59	7:33	3	0:03	7	0:11	29.09	1:23:05	2:51	9	8:16	39	15:51
Rad Erkner	28.13	1:03:37	2:15	12	8:51	53	12:10	29.09	1:23:05	2:51	9	8:16	39	15:51
Lauf	3.60	17:16	4:47	6	2:01	18	2:43	32.69	1:40:21	3:04	5	10:17	31	17:11