



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Floriani, Silvia

Erkner: 1:40:40

Erkner

577

32.69 km

Jedermann/Sprint

Erkner/Erkner: 196 (of 318)

Erkner/Erkner: 32 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 8(of 13)

AK2 / TW 25

Erkner/Erkner: 1:26:29

Erkner

Erkner

Erkner

	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km	
Schwimmen nett	0.70	22:20	31:54	13	5:45	79	8:49	0.70	22:20	31:54	13	5:45	79	8:49
Wechsel S -> R	0.26	3:29	13:23	10	1:35	57	2:03	0.96	25:49	26:53	12	7:12	75	10:48
Schwimmen	0.96	25:49	26:53	12	7:12	75	10:48	0.96	25:49	26:53	12	7:12	75	10:48
Rad netto	28.00	55:40	1:59	4	4:33	24	5:17	28.96	1:21:29	2:48	8	11:45	37	15:04
Wechsel R -> L	0.13	1:35	12:10	6	0:47	48	0:47	29.09	1:23:04	2:51	8	11:44	38	15:50
Rad	28.13	57:15	2:02	4	4:32	24	5:48	29.09	1:23:04	2:51	8	11:44	38	15:50
Lauf	3.60	17:36	4:53	8	2:47	23	3:03	32.69	1:40:40	3:04	8	14:11	32	17:30