



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Winkler, Marie-Susan

Erkner: 1:44:17

Erkner: Berlin

Erkner: 852

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 227 (of 318)

Erkner/Erkner: 43 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 9(of 13)

AK2 / TW 25

Erkner/Erkner: 1:26:29

Erkner

Erkner

Erkner

	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.70	18:58	27:05	7	2:23	33	5:27	0.70	18:58	27:05	7	2:23	33	5:27
Wechsel S -> R	0.26	3:53	14:56	12	1:59	69	2:27	0.96	22:51	23:48	9	4:14	45	7:50
Schwimmen	0.96	22:51	23:48	9	4:14	45	7:50	0.96	22:51	23:48	9	4:14	45	7:50
Rad netto	28.00	1:01:53	2:12	10	10:46	53	11:30	28.96	1:24:44	2:55	10	15:00	52	18:19
Wechsel R -> L	0.13	2:02	15:38	11	1:14	77	1:14	29.09	1:26:46	2:58	10	15:26	54	19:32
Rad	28.13	1:03:55	2:16	10	11:12	58	12:28	29.09	1:26:46	2:58	10	15:26	54	19:32
Lauf	3.60	17:31	4:51	6	2:42	21	2:58	32.69	1:44:17	3:11	9	17:48	43	21:07