



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Kirsten, Patrick

Erkner: 2:43:01

Erkner: Chorin

Erkner: 384

Erkner: 51.89 km

Olympisch

Erkner:

AK3 / TM 30

Erkner/Erkner: 52 (of 236)

Erkner/Erkner: 50 (of 198)

Erkner: 2:14:41

Erkner: 14(of 45)

Erkner: 2:14:41

Erkner

Erkner

Erkner

Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner	Erkner
	km	Erkner	min/km	-	-	Erkner	Erkner	km	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	1.50	35:24	23:35	13	10:42	58	10:42	1.50	35:24	23:35	13	10:42	58	10:42
Wechsel S -> R	0.26	3:00	11:32	21	1:40	81	1:40	1.76	38:24	21:49	14	11:29	61	11:29
Schwimmen Erkner	1.76	38:24	21:49	14	11:29	61	11:29	1.76	38:24	21:49	14	11:29	61	11:29
Rad netto	40.00	1:10:49	1:46	11	8:25	33	8:25	41.76	1:49:13	2:36	14	18:50	43	18:50
Wechsel R -> L	0.13	1:20	10:15	13	0:29	46	0:34	41.89	1:50:33	2:38	14	18:51	43	18:51
Rad Erkner	40.13	1:12:09	1:47	11	8:54	32	8:54	41.89	1:50:33	2:38	14	18:51	43	18:51
Lauf	10.00	52:28	5:14	23	10:57	81	14:17	51.89	2:43:01	3:08	14	28:20	50	28:20