



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Gade, Katja

Time: 1:40:55

Location: Erkner

Distance: 582

Distance: 32.69 km

Participants: 197 (of 318)

Jedermann/Sprint

Participants: 33 (of 92)

Time: 1:23:10

Category:

Participants: 6 (of 21)

SEN1 / TW 40

Time: 1:30:04

Erkner

Erkner

Erkner

Erkner	km	Time	min/km	-	-	km	Time	km	Time	min/km	-	-	km	Time
Schwimmen nett	0.70	19:47	28:15	10	3:04	47	6:16	0.70	19:47	28:15	10	3:04	47	6:16
Wechsel S -> R	0.26	3:57	15:11	14	2:06	72	2:31	0.96	23:44	24:43	12	4:16	52	8:43
Schwimmen	0.96	23:44	24:43	12	4:16	52	8:43	0.96	23:44	24:43	12	4:16	52	8:43
Rad netto	28.00	55:33	1:59	4	1:45	22	5:10	28.96	1:19:17	2:44	5	5:33	28	12:52
Wechsel R -> L	0.13	1:48	13:50	16	0:52	66	1:00	29.09	1:21:05	2:47	6	6:16	30	13:51
Rad	28.13	57:21	2:02	5	2:35	25	5:54	29.09	1:21:05	2:47	6	6:16	30	13:51
Lauf	3.60	19:50	5:30	8	4:35	41	5:17	32.69	1:40:55	3:05	6	10:51	33	17:45