



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Hanel, Judith

Erkner: 1:45:29

Erkner

604

32.69 km

Erkner/Erkner: 233 (of 318)

Jedermann/Sprint

Erkner/Erkner: 46 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 10(of 18)

AK3 / TW 30

Erkner/Erkner: 1:23:10

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	18:45	26:47	10	5:14	32	5:14	0.70	18:45	26:47	10	5:14	32	5:14
Wechsel S -> R	0.26	3:01	11:36	10	1:35	44	1:35	0.96	21:46	22:40	10	6:45	31	6:45
Schwimmen Erkner	0.96	21:46	22:40	10	6:45	31	6:45	0.96	21:46	22:40	10	6:45	31	6:45
Rad netto	28.00	59:59	2:08	11	9:36	44	9:36	28.96	1:21:45	2:49	10	15:20	38	15:20
Wechsel R -> L	0.13	1:14	9:29	7	0:25	21	0:26	29.09	1:22:59	2:51	10	15:45	37	15:45
Rad Erkner	28.13	1:01:13	2:10	9	9:38	40	9:46	29.09	1:22:59	2:51	10	15:45	37	15:45
Lauf	3.60	22:30	6:15	13	7:57	65	7:57	32.69	1:45:29	3:13	10	22:19	46	22:19