



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Paepke, Annett

Erkner: Steinhöfel

Erkner: 718

Erkner: 32.69 km

Jedermann/Sprint

Erkner:

SEN1 / TW 40

Erkner/Erkner: DSQ (of 318)

Erkner/Erkner: DSQ (of 92)

Erkner/Erkner: 1:23:10

Erkner/Erkner: DSQ(of 21)

Erkner/Erkner: 1:30:04

Erkner

Erkner

Erkner

| Erkner           | km    | km     | min/km | -  | -     | km | km    | km    | km      | min/km | -  | -    | km | km    |
|------------------|-------|--------|--------|----|-------|----|-------|-------|---------|--------|----|------|----|-------|
| Schwimmen nett   | 0.70  | fehlt! | -      | -  | -     | -  | -     | 0.70  | -       | -      | -  | -    | -  | -     |
| Wechsel S -> R   | 0.26  | 24:13  | 93:08  | 21 | 22:22 | 92 | 22:47 | 0.96  | 24:13   | 25:13  | 14 | 4:45 | 58 | 9:12  |
| Schwimmen Erkner | 0.96  | 24:13  | 25:13  | 14 | 4:45  | 58 | 9:12  | 0.96  | 24:13   | 25:13  | 14 | 4:45 | 58 | 9:12  |
| Rad netto        | 28.00 | 56:13  | 2:00   | 6  | 2:25  | 27 | 5:50  | 28.96 | 1:20:26 | 2:46   | 7  | 6:42 | 33 | 14:01 |
| Wechsel R -> L   | 0.13  | 1:36   | 12:18  | 11 | 0:40  | 49 | 0:48  | 29.09 | 1:22:02 | 2:49   | 8  | 7:13 | 34 | 14:48 |
| Rad Erkner       | 28.13 | 57:49  | 2:03   | 6  | 3:03  | 26 | 6:22  | 29.09 | 1:22:02 | 2:49   | 8  | 7:13 | 34 | 14:48 |
| Lauf             | 3.60  | 23:32  | 6:32   | 19 | 8:17  | 73 | 8:59  | 32.69 | -       | -      | -  | -    | -  | -     |