



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Harms, Rico

000: 2:43:17

00: Berlin

00: 195

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 54 (of 236)

00000/0: 52 (of 198)

000000: 2:14:41

00000: 10(of 30)

0000000: 2:17:44

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	36:09	24:05	12	8:10	69	11:27	1.50	36:09	24:05	12	8:10	69	11:27	
Wechsel S -> R	0.26	2:22	9:06	6	0:33	35	1:02	1.76	38:31	21:53	12	8:43	62	11:36	
Schwimmen 000	1.76	38:31	21:53	12	8:43	62	11:36	1.76	38:31	21:53	12	8:43	62	11:36	
Rad netto	40.00	1:09:41	1:44	5	4:21	22	7:17	41.76	1:48:12	2:35	6	11:59	40	17:49	
Wechsel R -> L	0.13	1:30	11:32	11	0:37	66	0:44	41.89	1:49:42	2:37	6	12:28	40	18:00	
Rad 000	40.13	1:11:11	1:46	5	4:50	23	7:56	41.89	1:49:42	2:37	6	12:28	40	18:00	
Lauf	10.00	53:35	5:21	16	13:05	89	15:24	51.89	2:43:17	3:08	10	25:33	52	28:36	