



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Bleicke, Claudia

Erkner: 1:46:38

Erkner: Zehdenick

Erkner: 525

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 239 (of 318)

Erkner/Erkner: 50 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 6(of 12)

SEN3 / TW 50

Erkner/Erkner: 1:29:41

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	19:18	27:34	3	2:32	36	5:47	0.70	19:18	27:34	3	2:32	36	5:47
Wechsel S -> R	0.26	2:43	10:26	4	0:47	29	1:17	0.96	22:01	22:56	4	3:03	35	7:00
Schwimmen Erkner	0.96	22:01	22:56	4	3:03	35	7:00	0.96	22:01	22:56	4	3:03	35	7:00
Rad netto	28.00	1:00:22	2:09	6	8:32	46	9:59	28.96	1:22:23	2:50	6	10:27	43	15:58
Wechsel R -> L	0.13	1:10	8:58	1	-	17	0:22	29.09	1:23:33	2:52	5	10:01	40	16:19
Rad Erkner	28.13	1:01:32	2:11	6	7:58	44	10:05	29.09	1:23:33	2:52	5	10:01	40	16:19
Lauf	3.60	23:05	6:24	7	7:04	69	8:32	32.69	1:46:38	3:15	6	16:57	51	23:28