



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Beykirch, Kerstin

Erkner: 1:47:04

Erkner: Hoppegarten

Erkner: 521

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 242 (of 318)

Erkner/Erkner: 51 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 4(of 8)

AK4 / TW 35

Erkner/Erkner: 1:33:41

Erkner

Erkner

Erkner

| Erkner           | km    | km      | min/km | - | -    | km | km    | km    | km      | min/km | - | -     | km | km    |
|------------------|-------|---------|--------|---|------|----|-------|-------|---------|--------|---|-------|----|-------|
| Schwimmen nett   | 0.70  | 18:59   | 27:07  | 3 | 1:58 | 34 | 5:28  | 0.70  | 18:59   | 27:07  | 3 | 1:58  | 34 | 5:28  |
| Wechsel S -> R   | 0.26  | 3:17    | 12:37  | 6 | 0:40 | 51 | 1:51  | 0.96  | 22:16   | 23:11  | 2 | 1:08  | 38 | 7:15  |
| Schwimmen Erkner | 0.96  | 22:16   | 23:11  | 2 | 1:08 | 38 | 7:15  | 0.96  | 22:16   | 23:11  | 2 | 1:08  | 38 | 7:15  |
| Rad netto        | 28.00 | 1:00:22 | 2:09   | 4 | 4:49 | 46 | 9:59  | 28.96 | 1:22:38 | 2:51   | 4 | 5:57  | 45 | 16:13 |
| Wechsel R -> L   | 0.13  | 1:21    | 10:23  | 2 | 0:07 | 31 | 0:33  | 29.09 | 1:23:59 | 2:53   | 4 | 6:04  | 44 | 16:45 |
| Rad Erkner       | 28.13 | 1:01:43 | 2:11   | 4 | 4:56 | 45 | 10:16 | 29.09 | 1:23:59 | 2:53   | 4 | 6:04  | 44 | 16:45 |
| Lauf             | 3.60  | 23:05   | 6:24   | 6 | 7:19 | 69 | 8:32  | 32.69 | 1:47:04 | 3:16   | 4 | 13:23 | 52 | 23:54 |