



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Gongoll, Manuela

Erkner: 1:48:00

Erkner

594

32.69 km

Erkner/Erkner: 249 (of 318)

Jedermann/Sprint

Erkner/Erkner: 54 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 13(of 21)

SEN1 / TW 40

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	19:36	28:00	9	2:53	42	6:05	0.70	19:36	28:00	9	2:53	42	6:05
Wechsel S -> R	0.26	4:12	16:09	16	2:21	77	2:46	0.96	23:48	24:47	13	4:20	55	8:47
Schwimmen Erkner	0.96	23:48	24:47	13	4:20	55	8:47	0.96	23:48	24:47	13	4:20	55	8:47
Rad netto	28.00	1:01:25	2:11	11	7:37	52	11:02	28.96	1:25:13	2:56	12	11:29	53	18:48
Wechsel R -> L	0.13	1:31	11:39	9	0:35	43	0:43	29.09	1:26:44	2:58	13	11:55	53	19:30
Rad Erkner	28.13	1:02:56	2:14	11	8:10	51	11:29	29.09	1:26:44	2:58	13	11:55	53	19:30
Lauf	3.60	21:16	5:54	14	6:01	57	6:43	32.69	1:48:00	3:18	14	17:56	55	24:50