



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Glaser, Betty

Erkner: 1:52:15

Erkner

588

32.69 km

Erkner/Erkner: 265 (of 318)

Jedermann/Sprint

Erkner/Erkner: 65 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 6(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	21:38	30:54	7	4:37	73	8:07	0.70	21:38	30:54	7	4:37	73	8:07
Wechsel S -> R	0.26	2:37	10:03	1	-	24	1:11	0.96	24:15	25:15	7	3:07	60	9:14
Schwimmen Erkner	0.96	24:15	25:15	7	3:07	60	9:14	0.96	24:15	25:15	7	3:07	60	9:14
Rad netto	28.00	1:03:41	2:16	6	8:08	66	13:18	28.96	1:27:56	3:02	5	11:15	62	21:31
Wechsel R -> L	0.13	1:22	10:30	3	0:08	34	0:34	29.09	1:29:18	3:04	5	11:23	63	22:04
Rad Erkner	28.13	1:05:03	2:18	6	8:16	65	13:36	29.09	1:29:18	3:04	5	11:23	63	22:04
Lauf	3.60	22:57	6:22	5	7:11	68	8:24	32.69	1:52:15	3:26	6	18:34	66	29:05