



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Neuhaus, Natalia

Erkner: 1:57:51

Erkner: Berlin

Erkner: 963

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 279 (of 318)

Erkner/Erkner: 70 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 7(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	24:39	35:12	8	7:38	85	11:08	0.70	24:39	35:12	8	7:38	85	11:08
Wechsel S -> R	0.26	2:50	10:53	2	0:13	36	1:24	0.96	27:29	28:37	8	6:21	81	12:28
Schwimmen Erkner	0.96	27:29	28:37	8	6:21	81	12:28	0.96	27:29	28:37	8	6:21	81	12:28
Rad netto	28.00	1:01:53	2:12	5	6:20	53	11:30	28.96	1:29:22	3:05	7	12:41	66	22:57
Wechsel R -> L	0.13	1:50	14:06	6	0:36	68	1:02	29.09	1:31:12	3:08	7	13:17	66	23:58
Rad Erkner	28.13	1:03:43	2:15	5	6:56	54	12:16	29.09	1:31:12	3:08	7	13:17	66	23:58
Lauf	3.60	26:39	7:24	7	10:53	82	12:06	32.69	1:57:51	3:36	7	24:10	71	34:41