



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Fechner, Jeanine

Erkner: 1:58:47

Erkner: Berlin

Erkner: 571

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 284 (of 318)

Erkner/Erkner: 74 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 9(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	19:30	27:51	6	2:44	40	5:59	0.70	19:30	27:51	6	2:44	40	5:59
Wechsel S -> R	0.26	3:32	13:35	7	1:36	60	2:06	0.96	23:02	23:59	7	4:04	47	8:01
Schwimmen Erkner	0.96	23:02	23:59	7	4:04	47	8:01	0.96	23:02	23:59	7	4:04	47	8:01
Rad netto	28.00	1:07:02	2:23	9	15:12	71	16:39	28.96	1:30:04	3:06	8	18:08	67	23:39
Wechsel R -> L	0.13	2:04	15:53	10	0:54	78	1:16	29.09	1:32:08	3:10	8	18:36	68	24:54
Rad Erkner	28.13	1:09:06	2:27	9	15:32	71	17:39	29.09	1:32:08	3:10	8	18:36	68	24:54
Lauf	3.60	26:39	7:24	11	10:38	82	12:06	32.69	1:58:47	3:38	9	29:06	75	35:37