



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Schumacher, Rebecca

Erkner: 1:58:22

Erkner

792

32.69 km

Jedermann/Sprint

Erkner/Erkner: 281 (of 318)

Erkner/Erkner: 72 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 15(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	20:53	29:50	16	4:10	63	7:22	0.70	20:53	29:50	16	4:10	63	7:22
Wechsel S -> R	0.26	3:54	15:00	12	2:03	70	2:28	0.96	24:47	25:48	16	5:19	68	9:46
Schwimmen Erkner	0.96	24:47	25:48	16	5:19	68	9:46	0.96	24:47	25:48	16	5:19	68	9:46
Rad netto	28.00	1:09:25	2:28	18	15:37	77	19:02	28.96	1:34:12	3:15	17	20:28	75	27:47
Wechsel R -> L	0.13	1:45	13:27	15	0:49	65	0:57	29.09	1:35:57	3:17	17	21:08	75	28:43
Rad Erkner	28.13	1:11:10	2:31	18	16:24	77	19:43	29.09	1:35:57	3:17	17	21:08	75	28:43
Lauf	3.60	22:25	6:13	16	7:10	64	7:52	32.69	1:58:22	3:37	16	28:18	73	35:12