



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Willme, Nancy

Erkner: 1:59:57

Erkner

851

32.69 km

Erkner/Erkner: 289 (of 318)

Jedermann/Sprint

Erkner/Erkner: 77 (of 92)

Erkner: 1:23:10

Erkner:

Erkner: 8(of 8)

AK4 / TW 35

Erkner: 1:33:41

Erkner

Erkner

Erkner

Erkner	km	Erkner	min/km	-	-	Erkner	Erkner	Erkner	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	0.70	19:48	28:17	5	2:47	48	6:17	0.70	19:48	28:17	5	2:47	48	6:17
Wechsel S -> R	0.26	2:58	11:24	3	0:21	40	1:32	0.96	22:46	23:42	5	1:38	44	7:45
Schwimmen Erkner	0.96	22:46	23:42	5	1:38	44	7:45	0.96	22:46	23:42	5	1:38	44	7:45
Rad netto	28.00	1:07:23	2:24	8	11:50	73	17:00	28.96	1:30:09	3:06	8	13:28	68	23:44
Wechsel R -> L	0.13	2:18	17:41	8	1:04	86	1:30	29.09	1:32:27	3:10	8	14:32	70	25:13
Rad Erkner	28.13	1:09:41	2:28	8	12:54	73	18:14	29.09	1:32:27	3:10	8	14:32	70	25:13
Lauf	3.60	27:30	7:38	8	11:44	85	12:57	32.69	1:59:57	3:40	8	26:16	78	36:47