



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Wegener, Stefan

000: 2:44:19

00: Wandlitz

00: 354

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 58 (of 236)

00000/0: 56 (of 198)

000000: 2:14:41

00000: 11(of 30)

0000000: 2:17:44

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	35:44	23:49	11	7:45	65	11:02	1.50	35:44	23:49	11	7:45	65	11:02
Wechsel S -> R	0.26	2:02	7:49	4	0:13	18	0:42	1.76	37:46	21:27	10	7:58	53	10:51
Schwimmen 000	1.76	37:46	21:27	10	7:58	53	10:51	1.76	37:46	21:27	10	7:58	53	10:51
Rad netto	40.00	1:10:52	1:46	7	5:32	36	8:28	41.76	1:48:38	2:36	7	12:25	41	18:15
Wechsel R -> L	0.13	1:22	10:30	9	0:29	48	0:36	41.89	1:50:00	2:37	7	12:46	41	18:18
Rad 000	40.13	1:12:14	1:47	6	5:53	35	8:59	41.89	1:50:00	2:37	7	12:46	41	18:18
Lauf	10.00	54:19	5:25	18	13:49	102	16:08	51.89	2:44:19	3:09	11	26:35	56	29:38