



Erkner Triathlon 2.0

Erkner / 09.09.2018

□□□□

Stauch, Frank

□□□: 7:29:33

□□: bürrstadt

□□: 69

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 81 (of 87)

□□□□□/□: 70 (of 76)

□□□□□□: 4:35:09

□□□□:

SEN3 / TM 50

□□□□□: 9(of 9)

□□□□□□□: 4:55:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.90	51:04	26:52	9	22:41	76	49:31	1.90	51:04	26:52	9	22:41	76	49:31	
Wechsel S -> R	0.26	5:03	19:25	9	3:10	71	3:26	2.16	56:07	25:58	9	25:37	76	25:37	
Schwimmen □□□	2.16	56:07	25:58	9	25:37	76	25:37	2.16	56:07	25:58	9	25:37	76	25:37	
Rad netto	93.00	3:32:55	2:17	9	51:22	73	1:21:21	95.16	4:29:02	2:49	9	1:16:59	74	1:35:39	
Wechsel R -> L	0.13	6:19	48:35	9	5:09	72	5:18	95.29	4:35:21	2:53	9	1:22:08	71	1:26:57	
Rad □□□	93.13	3:39:14	2:21	9	56:31	71	1:11:52	95.29	4:35:21	2:53	9	1:22:08	71	1:26:57	
Lauf	21.50	2:54:12	8:06	9	1:11:54	70	1:27:27	116.79	7:29:33	3:50	9	2:34:02	70	2:54:24	