



# Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Brinken, Irina

Erkner: 2:04:58

Erkner: Berlin

Erkner: 540

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 297 (of 318)

Erkner/Erkner: 79 (of 92)

Erkner/Erkner: 1:23:10

Erkner:

Erkner: 15(of 18)

AK3 / TW 30

Erkner/Erkner: 1:23:10

Erkner

Erkner

Erkner

| Erkner           | km    | km      | min/km | -  | -     | km | km    | km    | km      | min/km | -  | -     | km | km    |
|------------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| Schwimmen nett   | 0.70  | 22:41   | 32:24  | 17 | 9:10  | 81 | 9:10  | 0.70  | 22:41   | 32:24  | 17 | 9:10  | 81 | 9:10  |
| Wechsel S -> R   | 0.26  | 7:17    | 28:00  | 18 | 5:51  | 91 | 5:51  | 0.96  | 29:58   | 31:12  | 17 | 14:57 | 88 | 14:57 |
| Schwimmen Erkner | 0.96  | 29:58   | 31:12  | 17 | 14:57 | 88 | 14:57 | 0.96  | 29:58   | 31:12  | 17 | 14:57 | 88 | 14:57 |
| Rad netto        | 28.00 | 1:09:31 | 2:28   | 16 | 19:08 | 78 | 19:08 | 28.96 | 1:39:29 | 3:26   | 16 | 33:04 | 84 | 33:04 |
| Wechsel R -> L   | 0.13  | 1:56    | 14:52  | 13 | 1:07  | 73 | 1:08  | 29.09 | 1:41:25 | 3:29   | 16 | 34:11 | 83 | 34:11 |
| Rad Erkner       | 28.13 | 1:11:27 | 2:32   | 16 | 19:52 | 80 | 20:00 | 29.09 | 1:41:25 | 3:29   | 16 | 34:11 | 83 | 34:11 |
| Lauf             | 3.60  | 23:33   | 6:32   | 15 | 9:00  | 74 | 9:00  | 32.69 | 2:04:58 | 3:49   | 15 | 41:48 | 80 | 41:48 |