



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Biriba, Rafael

Erkner: 2:31:56

Erkner: Berlin - Mitte

Erkner: 522

Erkner: 32.69 km

Jedermann/Sprint

Erkner/Erkner: 312 (of 318)

Erkner/Erkner: 223 (of 226)

Erkner/Erkner: 1:14:36

Erkner:

Erkner: 17(of 18)

AK2 / TM 25

Erkner/Erkner: 1:19:28

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	0.70	20:30	29:17	12	6:39	169	8:58	0.70	20:30	29:17	12	6:39	169	8:58
Wechsel S -> R	0.26	2:52	11:01	6	1:05	97	1:32	0.96	23:22	24:20	11	7:44	152	10:24
Schwimmen Erkner	0.96	23:22	24:20	11	7:44	152	10:24	0.96	23:22	24:20	11	7:44	152	10:24
Rad netto	28.00	1:46:10	3:47	18	1:00:51	225	1:00:51	28.96	2:09:32	4:28	18	1:05:54	225	1:09:29
Wechsel R -> L	0.13	1:20	10:15	11	0:37	92	0:42	29.09	2:10:52	4:29	18	1:06:31	224	1:10:10
Rad Erkner	28.13	1:47:30	3:49	18	1:01:28	224	1:01:28	29.09	2:10:52	4:29	18	1:06:31	224	1:10:10
Lauf	3.60	21:04	5:51	15	6:45	187	7:49	32.69	2:31:56	4:38	18	1:12:28	224	1:17:20