



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Stegemann, Bert

Erkner: 2:45:29

Erkner: Berlin

Erkner: 325

Erkner: 51.89 km

Olympisch

Erkner:

SEN3 / TM 50

Erkner/Erkner: 63 (of 236)

Erkner/Erkner: 60 (of 198)

Erkner: 2:14:41

Erkner: 7(of 25)

Erkner: 2:15:02

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	37:07	24:44	12	9:27	83	12:25	1.50	37:07	24:44	12	9:27	83	12:25
Wechsel S -> R	0.26	2:54	11:09	9	1:11	68	1:34	1.76	40:01	22:44	9	10:38	78	13:06
Schwimmen Erkner	1.76	40:01	22:44	9	10:38	78	13:06	1.76	40:01	22:44	9	10:38	78	13:06
Rad netto	40.00	1:14:44	1:52	9	8:02	81	12:20	41.76	1:54:45	2:44	10	18:40	79	24:22
Wechsel R -> L	0.13	1:08	8:43	4	0:22	30	0:22	41.89	1:55:53	2:45	9	19:02	76	24:11
Rad Erkner	40.13	1:15:52	1:53	6	8:24	73	12:37	41.89	1:55:53	2:45	9	19:02	76	24:11
Lauf	10.00	49:36	4:57	5	11:25	57	11:25	51.89	2:45:29	3:11	7	30:27	60	30:48