



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Pilz, Gordon

Erkner: 2:45:52

Erkner: Berlin

Erkner: 279

Erkner: 51.89 km

Olympisch

Erkner/Erkner: 65 (of 236)

Erkner/Erkner: 61 (of 198)

Erkner/Erkner: 2:14:41

Erkner:

Erkner: 6(of 28)

SEN1 / TM 40

Erkner/Erkner: 2:29:21

Erkner

Erkner

Erkner

Erkner	km	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km
Schwimmen nett	1.50	36:19	24:12	9	7:23	71	11:37	1.50	36:19	24:12	9	7:23	71	11:37
Wechsel S -> R	0.26	3:23	13:00	16	1:21	111	2:03	1.76	39:42	22:33	10	8:44	74	12:47
Schwimmen Erkner	1.76	39:42	22:33	10	8:44	74	12:47	1.76	39:42	22:33	10	8:44	74	12:47
Rad netto	40.00	1:18:11	1:57	19	11:16	123	15:47	41.76	1:57:53	2:49	14	16:24	97	27:30
Wechsel R -> L	0.13	1:38	12:33	11	0:32	82	0:52	41.89	1:59:31	2:51	14	16:55	95	27:49
Rad Erkner	40.13	1:19:49	1:59	19	11:47	120	16:34	41.89	1:59:31	2:51	14	16:55	95	27:49
Lauf	10.00	46:21	4:38	3	3:42	25	8:10	51.89	2:45:52	3:11	6	16:31	61	31:11