



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hübner, Fabian

000: 2:45:22

00: Berlin

00: 211

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 62 (of 236)

00000/0: 59 (of 198)

000000: 2:14:41

00000: 17(of 45)

0000000: 2:14:41

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	27:43	18:28	5	3:01	9	3:01	1.50	27:43	18:28	5	3:01	9	3:01
Wechsel S -> R	0.26	3:02	11:39	24	1:42	88	1:42	1.76	30:45	17:28	6	3:50	13	3:50
Schwimmen 000	1.76	30:45	17:28	6	3:50	13	3:50	1.76	30:45	17:28	6	3:50	13	3:50
Rad netto	40.00	1:21:13	2:01	31	18:49	149	18:49	41.76	1:51:58	2:40	16	21:35	59	21:35
Wechsel R -> L	0.13	1:30	11:32	19	0:39	66	0:44	41.89	1:53:28	2:42	17	21:46	58	21:46
Rad 000	40.13	1:22:43	2:03	31	19:28	145	19:28	41.89	1:53:28	2:42	17	21:46	58	21:46
Lauf	10.00	51:54	5:11	22	10:23	75	13:43	51.89	2:45:22	3:11	17	30:41	59	30:41