



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hörig, Nils

000: 2:46:20

00: Berlin

00: 207

00: 51.89 km

Olympisch

0000:

AK1 / TM 20

00000/000: 68 (of 236)

00000/0: 64 (of 198)

000000: 2:14:41

00000: 3(of 11)

0000000: 2:33:33

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	34:51	23:14	4	2:57	54	10:09	1.50	34:51	23:14	4	2:57	54	10:09
Wechsel S -> R	0.26	3:44	14:21	8	1:54	133	2:24	1.76	38:35	21:55	4	4:51	64	11:40
Schwimmen 000	1.76	38:35	21:55	4	4:51	64	11:40	1.76	38:35	21:55	4	4:51	64	11:40
Rad netto	40.00	1:19:23	1:59	6	9:06	129	16:59	41.76	1:57:58	2:49	4	13:57	98	27:35
Wechsel R -> L	0.13	1:46	13:35	8	0:54	95	1:00	41.89	1:59:44	2:51	4	14:51	98	28:02
Rad 000	40.13	1:21:09	2:01	6	10:00	126	17:54	41.89	1:59:44	2:51	4	14:51	98	28:02
Lauf	10.00	46:36	4:39	1	-	28	8:25	51.89	2:46:20	3:12	3	12:47	64	31:39