



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Stepan, Simon

000: 2:46:41

00: Berlin

00: 407

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 70 (of 236)

00000/0: 66 (of 198)

000000: 2:14:41

00000: 9(of 28)

0000000: 2:29:21

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	36:52	24:34	11	7:56	79	12:10	1.50	36:52	24:34	11	7:56	79	12:10
Wechsel S -> R	0.26	3:12	12:18	11	1:10	97	1:52	1.76	40:04	22:45	12	9:06	79	13:09
Schwimmen 000	1.76	40:04	22:45	12	9:06	79	13:09	1.76	40:04	22:45	12	9:06	79	13:09
Rad netto	40.00	1:14:32	1:51	10	7:37	76	12:08	41.76	1:54:36	2:44	10	13:07	78	24:13
Wechsel R -> L	0.13	1:33	11:55	10	0:27	75	0:47	41.89	1:56:09	2:46	10	13:33	78	24:27
Rad 000	40.13	1:16:05	1:53	10	8:03	76	12:50	41.89	1:56:09	2:46	10	13:33	78	24:27
Lauf	10.00	50:32	5:03	8	7:53	65	12:21	51.89	2:46:41	3:12	9	17:20	66	32:00