



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Just, Patrick

Erkner: 2:47:15

City: Berlin

Age: 218

Distance: 51.89 km

Olympisch

AK4 / TM 35

Participants: 72 (of 236)

Triathletes: 68 (of 198)

Erkner: 2:14:41

Participants: 12 (of 30)

Triathletes: 2:17:44

Erkner

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Erkner	km	min	sec	min/km	-	-	Erkner	km	min	sec	min/km	-	-	Erkner	km
Schwimmen nett	1.50	39:39	26:26	22	11:40	122	14:57	1.50	39:39	26:26	22	11:40	122	14:57	1.50
Wechsel S -> R	0.26	3:03	11:43	16	1:14	89	1:43	1.76	42:42	24:15	19	12:54	115	15:47	1.76
Schwimmen Erkner	1.76	42:42	24:15	19	12:54	115	15:47	1.76	42:42	24:15	19	12:54	115	15:47	1.76
Rad netto	40.00	1:15:57	1:53	17	10:37	95	13:33	41.76	1:58:39	2:50	18	22:26	105	28:16	41.76
Wechsel R -> L	0.13	1:31	11:39	12	0:38	69	0:45	41.89	2:00:10	2:52	17	22:56	102	28:28	41.89
Rad Erkner	40.13	1:17:28	1:55	17	11:07	89	14:13	41.89	2:00:10	2:52	17	22:56	102	28:28	41.89
Lauf	10.00	47:05	4:42	10	6:35	34	8:54	51.89	2:47:15	3:13	12	29:31	68	32:34	51.89