



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Iwohn, Andrei

000: 2:47:20

00: berlin

00: 425

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 73 (of 236)

00000/0: 69 (of 198)

000000: 2:14:41

00000: 8(of 25)

0000000: 2:15:02

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	33:06	22:03	5	5:26	39	8:24	1.50	33:06	22:03	5	5:26	39	8:24
Wechsel S -> R	0.26	4:13	16:13	21	2:30	157	2:53	1.76	37:19	21:12	5	7:56	45	10:24
Schwimmen 000	1.76	37:19	21:12	5	7:56	45	10:24	1.76	37:19	21:12	5	7:56	45	10:24
Rad netto	40.00	1:16:40	1:55	13	9:58	108	14:16	41.76	1:53:59	2:43	8	17:54	76	23:36
Wechsel R -> L	0.13	1:48	13:50	12	1:02	103	1:02	41.89	1:55:47	2:45	8	18:56	75	24:05
Rad 000	40.13	1:18:28	1:57	13	11:00	104	15:13	41.89	1:55:47	2:45	8	18:56	75	24:05
Lauf	10.00	51:33	5:09	7	13:22	73	13:22	51.89	2:47:20	3:13	8	32:18	69	32:39