



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Brckalo, Milos

Erkner: 2:48:17

Erkner: Berlin

Erkner: 147

Erkner: 51.89 km

Olympisch

Erkner:

AK4 / TM 35

Erkner/Erkner: 78 (of 236)

Erkner/Erkner: 73 (of 198)

Erkner: 2:14:41

Erkner: 14(of 30)

Erkner: 2:17:44

Erkner

Erkner

Erkner

| Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner |
|------------------|--------|---------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
| | km | min | min/km | - | - | Erkner | Erkner | km | min | min/km | - | - | Erkner | Erkner |
| Schwimmen nett | 1.50 | 39:20 | 26:13 | 20 | 11:21 | 115 | 14:38 | 1.50 | 39:20 | 26:13 | 20 | 11:21 | 115 | 14:38 |
| Wechsel S -> R | 0.26 | 3:24 | 13:04 | 21 | 1:35 | 112 | 2:04 | 1.76 | 42:44 | 24:16 | 20 | 12:56 | 116 | 15:49 |
| Schwimmen Erkner | 1.76 | 42:44 | 24:16 | 20 | 12:56 | 116 | 15:49 | 1.76 | 42:44 | 24:16 | 20 | 12:56 | 116 | 15:49 |
| Rad netto | 40.00 | 1:17:33 | 1:56 | 19 | 12:13 | 118 | 15:09 | 41.76 | 2:00:17 | 2:52 | 20 | 24:04 | 115 | 29:54 |
| Wechsel R -> L | 0.13 | 1:46 | 13:35 | 19 | 0:53 | 95 | 1:00 | 41.89 | 2:02:03 | 2:54 | 20 | 24:49 | 114 | 30:21 |
| Rad Erkner | 40.13 | 1:19:19 | 1:58 | 19 | 12:58 | 114 | 16:04 | 41.89 | 2:02:03 | 2:54 | 20 | 24:49 | 114 | 30:21 |
| Lauf | 10.00 | 46:14 | 4:37 | 7 | 5:44 | 23 | 8:03 | 51.89 | 2:48:17 | 3:14 | 14 | 30:33 | 73 | 33:36 |