



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Reusche, Johannes

□□□: 2:48:57

□□: Berlin

□□: 291

□□: 51.89 km

Olympisch

□□□□:

AK3 / TM 30

□□□□□/□□□: 84 (of 236)

□□□□□/□: 77 (of 198)

□□□□□□: 2:14:41

□□□□□: 19(of 45)

□□□□□□□: 2:14:41

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50     | 43:14    | 28:49        | 37      | 18:32   | 160     | 18:32   | 1.50  | 43:14     | 28:49     | 37            | 18:32   | 160     | 18:32   |         |
| Wechsel S -> R | 0.26     | 4:15     | 16:20        | 34      | 2:55    | 158     | 2:55    | 1.76  | 47:29     | 26:58     | 37            | 20:34   | 160     | 20:34   |         |
| Schwimmen □□□  | 1.76     | 47:29    | 26:58        | 37      | 20:34   | 160     | 20:34   | 1.76  | 47:29     | 26:58     | 37            | 20:34   | 160     | 20:34   |         |
| Rad netto      | 40.00    | 1:14:52  | 1:52         | 20      | 12:28   | 83      | 12:28   | 41.76 | 2:02:21   | 2:55      | 28            | 31:58   | 126     | 31:58   |         |
| Wechsel R -> L | 0.13     | 2:56     | 22:33        | 39      | 2:05    | 176     | 2:10    | 41.89 | 2:05:17   | 2:59      | 29            | 33:35   | 132     | 33:35   |         |
| Rad □□□        | 40.13    | 1:17:48  | 1:56         | 24      | 14:33   | 93      | 14:33   | 41.89 | 2:05:17   | 2:59      | 29            | 33:35   | 132     | 33:35   |         |
| Lauf           | 10.00    | 43:40    | 4:21         | 4       | 2:09    | 12      | 5:29    | 51.89 | 2:48:57   | 3:15      | 19            | 34:16   | 77      | 34:16   |         |