



Erkner Triathlon 2.0

Erkner / 09.09.2018

Erkner

Jäger, Chantal

Erkner: 2:45:50

Erkner: Berlin

Erkner: 214

Erkner: 51.89 km

Olympisch

Erkner:

AK2 / TW 25

Erkner/Erkner: 64 (of 236)

Erkner/Erkner: 4 (of 38)

Erkner: 2:37:05

Erkner: 1(of 6)

Erkner: 2:45:50

Erkner

Erkner

Erkner

	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	1.50	35:18	23:31	2	0:16	10	9:44	1.50	35:18	23:31	2	0:16	10	9:44
Wechsel S -> R	0.26	2:09	8:16	1	-	3	0:53	1.76	37:27	21:16	2	0:12	8	7:55
Schwimmen	1.76	37:27	21:16	2	0:12	8	7:55	1.76	37:27	21:16	2	0:12	8	7:55
Rad netto	40.00	1:17:14	1:55	1	-	5	4:35	41.76	1:54:41	2:44	1	-	7	10:20
Wechsel R -> L	0.13	1:24	10:46	2	0:04	7	0:27	41.89	1:56:05	2:46	1	-	6	10:47
Rad	40.13	1:18:38	1:57	1	-	4	4:26	41.89	1:56:05	2:46	1	-	6	10:47
Lauf	10.00	49:45	4:58	1	-	2	0:42	51.89	2:45:50	3:11	1	-	4	8:45