



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Interflug

000: 2:45:54

00: 469

00: 18.63 km/h

0000: 3:13 min/km

00: 51.50 km

Olympische Distanz Staffel

00000: 15 (of 29)

000000: 2:07:13

0000:

00000: 15(of 29)

Staffel

0000000: 2:07:13

0000

0000

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| 000            | 00    | 00      | 00     | 00 | 00    | 00  | 00    | 000   | 000     | 000    | 00 | 00    | 00  | 00    |
|----------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
|                | km    | 00      | min/km | -  | -     | 000 | 000   | km    | 00      | min/km | -  | -     | 000 | 000   |
| Schwimmen nett | 1.50  | 45:01   | 30:00  | 23 | 19:08 | 23  | 19:08 | 1.50  | 45:01   | 30:00  | 23 | 19:08 | 23  | 19:08 |
| Wechsel S -> R | -     | 1:30    | -      | 21 | 0:28  | 21  | 0:28  | 1.50  | 46:31   | -      | 24 | 19:05 | 24  | 19:05 |
| Rad netto      | 40.00 | 1:15:27 | 1:53   | 13 | 17:19 | 13  | 17:19 | 41.50 | 2:01:58 | 2:56   | 21 | 32:00 | 21  | 32:00 |
| Wechsel R -> L | -     | 0:43    | -      | 6  | 0:07  | 6   | 0:07  | 41.50 | 2:02:41 | -      | 21 | 32:00 | 21  | 32:00 |
| Lauf           | 10.00 | 43:13   | 4:19   | 5  | 6:41  | 5   | 6:41  | 51.50 | 2:45:54 | 3:13   | 15 | 38:41 | 15  | 38:41 |