



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Leipziger Allerdrei

000: 5:36:47

00: 106

00: 20.76 km/h

0000: 2:53 min/km

00: 116.50 km

Mittel Distanz Staffel

00000: 6 (of 12)

000000: 4:12:53

0000:

00000: 6(of 12)

Staffel

0000000: 4:12:53

0000

0000

000

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	1.90	45:00	23:41	10	14:20	10	14:20	1.90	45:00	23:41	10	14:20	10	14:20
Wechsel S -> R	0.30	1:17	4:16	4	0:21	4	0:21	2.20	46:17	21:02	10	14:41	10	14:41
Rad netto	93.00	3:14:39	2:05	9	57:23	9	57:23	95.20	4:00:56	2:31	9	1:12:04	9	1:12:04
Wechsel R -> L	0.30	0:52	2:53	2	0:07	2	0:07	95.50	4:01:48	2:31	9	1:12:11	9	1:12:11
Lauf	21.00	1:34:59	4:31	3	11:43	3	11:43	116.50	5:36:47	2:53	6	1:23:54	6	1:23:54