



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

TEAM 55

000: 1:26:37

00: 933

00: 22.41 km/h

0000: 2:41 min/km

00: 32.35 km

Jedermann/Sprint Distanz Staffel

00000: 7 (of 33)

000000: 1:14:41

0000:

00000: 7(of 33)

Sprint Staffel

0000000: 1:14:41

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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 | 0.70 | 18:44 | 26:45 | 15 | 9:09 | 15 | 9:09 | 0.70 | 18:44 | 26:45 | 15 | 9:09 | 15 | 9:09 |
| Wechsel S -> R | 0.03 | 1:18 | 43:20 | 12 | 0:21 | 12 | 0:21 | 0.73 | 20:02 | 27:26 | 14 | 9:28 | 14 | 9:28 |
| Rad netto | 28.00 | 50:59 | 1:49 | 6 | 5:09 | 6 | 5:09 | 28.73 | 1:11:01 | 2:28 | 8 | 10:45 | 8 | 10:45 |
| Wechsel R -> L | 0.03 | 0:52 | 28:53 | 12 | 0:17 | 12 | 0:17 | 28.76 | 1:11:53 | 2:29 | 8 | 10:57 | 8 | 10:57 |
| Lauf | 3.60 | 14:44 | 4:05 | 6 | 0:59 | 6 | 0:59 | 32.35 | 1:26:37 | 2:40 | 7 | 11:56 | 7 | 11:56 |