



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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WIBB TRI Team 3

000: 1:42:24

00: 913

00: 18.75 km/h

0000: 3:10 min/km

00: 32.35 km

Jedermann/Sprint Distanz Staffel

00000: 24 (of 33)

000000: 1:14:41

0000:

00000: 24(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	21:57	31:21	24	12:22	24	12:22	0.70	21:57	31:21	24	12:22	24	12:22
Wechsel S -> R	0.03	2:45	91:40	30	1:48	30	1:48	0.73	24:42	33:50	26	14:08	26	14:08
Rad netto	28.00	57:15	2:02	23	11:25	23	11:25	28.73	1:21:57	2:51	27	21:41	27	21:41
Wechsel R -> L	0.03	0:57	31:40	17	0:22	17	0:22	28.76	1:22:54	2:52	26	21:58	26	21:58
Lauf	3.60	19:30	5:25	21	5:45	21	5:45	32.35	1:42:24	3:09	24	27:43	24	27:43