



Erkner

Holly Doreen

Erkner: 2:54:21

Erkner: Holly Doreen

Erkner: 581

Erkner: 51.89 km

Olympisch Staffel (1,5/40/10 km)

Erkner/Erkner: 26 (of 30)

Erkner/Erkner: 26 (of 30)

Erkner: 2:07:53

Erkner:

Staffel

Erkner: 26(of 30)

Erkner: 2:07:53

Erkner

Erkner

Erkner

| Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner |
|------------------|--------|---------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
| | km | min | min/km | - | - | Erkner | Erkner | km | min | min/km | - | - | Erkner | Erkner |
| Schwimmen nett | 1.50 | 31:10 | 20:46 | 17 | 8:19 | 17 | 8:19 | 1.50 | 31:10 | 20:46 | 17 | 8:19 | 17 | 8:19 |
| Wechsel S -> R | 0.26 | 4:46 | 18:19 | 29 | 3:44 | 29 | 3:44 | 1.76 | 35:56 | 20:24 | 23 | 11:45 | 23 | 11:45 |
| Schwimmen Erkner | 1.76 | 35:56 | 20:24 | 23 | 11:45 | 23 | 11:45 | 1.76 | 35:56 | 20:24 | 23 | 11:45 | 23 | 11:45 |
| Rad netto | 40.00 | 1:07:51 | 1:41 | 10 | 6:53 | 10 | 6:53 | 41.76 | 1:43:47 | 2:29 | 17 | 18:05 | 17 | 18:05 |
| Wechsel R -> L | 0.13 | 1:17 | 9:52 | 30 | 0:46 | 30 | 0:46 | 41.89 | 1:45:04 | 2:30 | 17 | 18:33 | 17 | 18:33 |
| Radfahren Erkner | 40.13 | 1:09:08 | 1:43 | 11 | 7:21 | 11 | 7:21 | 41.89 | 1:45:04 | 2:30 | 17 | 18:33 | 17 | 18:33 |
| Lauf | 10.00 | 1:09:17 | 6:55 | 27 | 31:11 | 27 | 31:11 | 51.89 | 2:54:21 | 3:21 | 26 | 46:28 | 26 | 46:28 |