



0000

WOODFIELD, Christine

000: 3:21:07

00: Berlin

00: 557

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 211 (of 233)

00000/0: 45 (of 54)

000000: 2:31:35

0000:

00000: 12(of 13)

AK3 / TW 30

0000000: 2:40:09

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000     | 000   | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 1.50     | 34:00    | 22:40        | 7       | 3:05    | 22      | 10:46   | 1.50  | 34:00   | 22:40 | 7       | 3:05    | 22      | 10:46   |
| Wechsel S -> R | 0.26     | 5:45     | 22:06        | 13      | 3:34    | 50      | 3:53    | 1.76  | 39:45   | 22:35 | 9       | 5:56    | 34      | 14:39   |
| Schwimmen 000  | 1.76     | 39:45    | 22:35        | 9       | 5:56    | 34      | 14:39   | 1.76  | 39:45   | 22:35 | 9       | 5:56    | 34      | 14:39   |
| Rad netto      | 40.00    | 1:25:34  | 2:08         | 9       | 11:37   | 38      | 13:36   | 41.76 | 2:05:19 | 3:00  | 8       | 17:33   | 33      | 24:43   |
| Wechsel R -> L | 0.13     | 4:13     | 32:26        | 13      | 3:06    | 54      | 3:16    | 41.89 | 2:09:32 | 3:05  | 9       | 20:25   | 37      | 27:59   |
| Radfahren 000  | 40.13    | 1:29:47  | 2:14         | 10      | 14:29   | 41      | 16:42   | 41.89 | 2:09:32 | 3:05  | 9       | 20:25   | 37      | 27:59   |
| Lauf           | 10.00    | 1:11:35  | 7:09         | 13      | 27:04   | 49      | 27:04   | 51.89 | 3:21:07 | 3:52  | 12      | 40:58   | 45      | 49:32   |