



0000

SPRINGER, Grit

000: 6:24:38

00: Berliner TSC

00: 11

00: 116.79 km

Mittel Distanz (1,9/93/21 km)

00000/000: 139 (of 154)

00000/0: 15 (of 17)

000000: 5:01:22

0000:

SEN4 / TW 55

00000: 2(of 2)

0000000: 6:01:36

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|---------|--------|----|-------|----|-------|--------|---------|--------|----|-------|----|---------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen nett | 1.90 | 41:38 | 21:54 | 2 | 7:22 | 14 | 13:40 | 1.90 | 41:38 | 21:54 | 2 | 7:22 | 14 | 13:40 |
| Wechsel S -> R | 0.26 | 4:03 | 15:34 | 2 | 0:44 | 12 | 2:07 | 2.16 | 45:41 | 21:08 | 2 | 8:06 | 14 | 15:23 |
| Schwimmen 000 | 2.16 | 45:41 | 21:08 | 2 | 8:06 | 14 | 15:23 | 2.16 | 45:41 | 21:08 | 2 | 8:06 | 14 | 15:23 |
| Rad netto | 93.00 | 3:09:55 | 2:02 | 2 | 2:16 | 11 | 22:01 | 95.16 | 3:55:36 | 2:28 | 2 | 10:22 | 12 | 32:53 |
| Wechsel R -> L | 0.13 | 1:53 | 14:29 | 1 | - | 7 | 0:41 | 95.29 | 3:57:29 | 2:29 | 2 | 10:17 | 11 | 33:04 |
| Radfahren 000 | 93.13 | 3:11:48 | 2:03 | 2 | 2:11 | 10 | 22:12 | 95.29 | 3:57:29 | 2:29 | 2 | 10:17 | 11 | 33:04 |
| Lauf | 21.50 | 2:27:09 | 6:50 | 2 | 12:45 | 15 | 52:27 | 116.79 | 6:24:38 | 3:17 | 2 | 23:02 | 15 | 1:23:16 |