



0000

BENEKE, Dagmar

000: 1:25:31

00: Berlin

00: 666

00: 32.69 km

Jedermann/Sprint (0,7/28/3,6 km)

00000/000: 79 (of 238)

00000/0: 7 (of 67)

000000: 1:21:00

0000:

SEN3 / TW 50

00000: 3(of 7)

0000000: 1:22:22

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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 | 0.70 | 13:52 | 19:48 | 3 | 3:11 | 14 | 4:04 | 0.70 | 13:52 | 19:48 | 3 | 3:11 | 14 | 4:04 |
| Wechsel S -> R | 0.26 | 2:33 | 9:48 | 1 | - | 10 | 0:34 | 0.96 | 16:25 | 17:06 | 3 | 2:50 | 11 | 4:34 |
| Schwimmen 000 | 0.96 | 16:25 | 17:06 | 3 | 2:50 | 11 | 4:34 | 0.96 | 16:25 | 17:06 | 3 | 2:50 | 11 | 4:34 |
| Rad netto | 28.00 | 52:26 | 1:52 | 2 | 0:36 | 2 | 0:36 | 28.96 | 1:08:51 | 2:22 | 3 | 3:26 | 6 | 3:48 |
| Wechsel R -> L | 0.13 | 1:40 | 12:49 | 6 | 0:40 | 48 | 0:59 | 29.09 | 1:10:31 | 2:25 | 3 | 3:37 | 7 | 4:36 |
| Radfahren 000 | 28.13 | 54:06 | 1:55 | 2 | 0:47 | 4 | 0:47 | 29.09 | 1:10:31 | 2:25 | 3 | 3:37 | 7 | 4:36 |
| Lauf | 3.60 | 15:00 | 4:10 | 2 | 0:06 | 9 | 1:19 | 32.69 | 1:25:31 | 2:36 | 3 | 3:09 | 7 | 4:31 |