



Erkner

InterSpine

Erkner: 2:27:52

Erkner: InterSpine

Erkner: 586

Erkner: 51.89 km

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

Erkner/Erkner: 9 (of 30)

Erkner/Erkner: 9 (of 30)

Erkner: 2:07:53

Erkner:

Erkner: 9(of 30)

Staffel

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 | 22:51 | 15:14 | 1 | - | 1 | - | 1.50 | 22:51 | 15:14 | 1 | - | 1 | - |
| Wechsel S -> R | 0.26 | 1:20 | 5:07 | 14 | 0:18 | 14 | 0:18 | 1.76 | 24:11 | 13:44 | 1 | - | 1 | - |
| Schwimmen Erkner | 1.76 | 24:11 | 13:44 | 1 | - | 1 | - | 1.76 | 24:11 | 13:44 | 1 | - | 1 | - |
| Rad netto | 40.00 | 1:12:16 | 1:48 | 18 | 11:18 | 18 | 11:18 | 41.76 | 1:36:27 | 2:18 | 7 | 10:45 | 7 | 10:45 |
| Wechsel R -> L | 0.13 | 0:52 | 6:40 | 18 | 0:21 | 18 | 0:21 | 41.89 | 1:37:19 | 2:19 | 7 | 10:48 | 7 | 10:48 |
| Radfahren Erkner | 40.13 | 1:13:08 | 1:49 | 18 | 11:21 | 18 | 11:21 | 41.89 | 1:37:19 | 2:19 | 7 | 10:48 | 7 | 10:48 |
| Lauf | 10.00 | 50:33 | 5:03 | 12 | 12:27 | 12 | 12:27 | 51.89 | 2:27:52 | 2:50 | 9 | 19:59 | 9 | 19:59 |