



Erkner

GLASER, Betty

Erkner: 1:44:19

Erkner

675

32.69 km

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

Erkner/Erkner: 189 (of 238)

Erkner/Erkner: 41 (of 67)

Erkner/Erkner: 1:21:00

Erkner:

AK4 / TW 35

Erkner: 6(of 12)

Erkner/Erkner: 1:24:44

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 | 0.70 | 17:12 | 24:34 | 9 | 4:32 | 56 | 7:24 | 0.70 | 17:12 | 24:34 | 9 | 4:32 | 56 | 7:24 |
| Wechsel S -> R | 0.26 | 3:56 | 15:07 | 8 | 1:26 | 41 | 1:57 | 0.96 | 21:08 | 22:00 | 8 | 5:43 | 53 | 9:17 |
| Schwimmen Erkner | 0.96 | 21:08 | 22:00 | 8 | 5:43 | 53 | 9:17 | 0.96 | 21:08 | 22:00 | 8 | 5:43 | 53 | 9:17 |
| Rad netto | 28.00 | 1:01:35 | 2:11 | 5 | 7:58 | 37 | 9:45 | 28.96 | 1:22:43 | 2:51 | 6 | 12:56 | 41 | 17:40 |
| Wechsel R -> L | 0.13 | 1:17 | 9:52 | 8 | 0:36 | 31 | 0:36 | 29.09 | 1:24:00 | 2:53 | 7 | 12:57 | 40 | 18:05 |
| Radfahren Erkner | 28.13 | 1:02:52 | 2:14 | 6 | 7:44 | 37 | 9:33 | 29.09 | 1:24:00 | 2:53 | 7 | 12:57 | 40 | 18:05 |
| Lauf | 3.60 | 20:19 | 5:38 | 7 | 6:38 | 53 | 6:38 | 32.69 | 1:44:19 | 3:11 | 6 | 19:35 | 41 | 23:19 |