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SCHWELLNUS, Heike

□□□: 1:48:47

□□: Schoeneiche

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Enduro U13

□□□□□/□□□: 206 (of 238)

□□□□□/□: 52 (of 67)

□□□□□□: 1:21:00

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□□□□□: 6(of 7)

SEN2 / TW 45

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70     | 17:32    | 25:02        | 7       | 4:36    | 59      | 7:44    | 0.70  | 17:32     | 25:02     | 7             | 4:36    | 59      | 7:44    |         |
| Wechsel S -> R | 0.26     | 6:08     | 23:35        | 7       | 3:49    | 64      | 4:09    | 0.96  | 23:40     | 24:39     | 7             | 8:25    | 64      | 11:49   |         |
| Schwimmen □□□  | 0.96     | 23:40    | 24:39        | 7       | 8:25    | 64      | 11:49   | 0.96  | 23:40     | 24:39     | 7             | 8:25    | 64      | 11:49   |         |
| Rad netto      | 28.00    | 1:02:47  | 2:14         | 4       | 8:52    | 41      | 10:57   | 28.96 | 1:26:27   | 2:59      | 5             | 16:38   | 47      | 21:24   |         |
| Wechsel R -> L | 0.13     | 1:18     | 10:00        | 2       | 0:06    | 33      | 0:37    | 29.09 | 1:27:45   | 3:00      | 5             | 16:33   | 48      | 21:50   |         |
| Radfahren □□□  | 28.13    | 1:04:05  | 2:16         | 4       | 8:28    | 41      | 10:46   | 29.09 | 1:27:45   | 3:00      | 5             | 16:33   | 48      | 21:50   |         |
| Lauf           | 3.60     | 21:02    | 5:50         | 7       | 5:56    | 57      | 7:21    | -     | 1:48:47   | -         | 6             | 20:28   | 52      | 27:47   |         |