



0000

ZSCHOMMLER, Bettina

000: 1:51:55

00: SG Empor Niederbarnim

00: 722

00: 32.69 km

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

00000/000: 213 (of 238)

00000/0: 58 (of 67)

000000: 1:21:00

0000:

SEN3 / TW 50

00000: 6(of 7)

0000000: 1:22:22

0000

0000

000

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	15:27	22:04	4	4:46	27	5:39	0.70	15:27	22:04	4	4:46	27	5:39
Wechsel S -> R	0.26	3:33	13:39	5	1:00	33	1:34	0.96	19:00	19:47	4	5:25	27	7:09
Schwimmen 000	0.96	19:00	19:47	4	5:25	27	7:09	0.96	19:00	19:47	4	5:25	27	7:09
Rad netto	28.00	1:08:31	2:26	6	16:41	55	16:41	28.96	1:27:31	3:01	6	22:06	51	22:28
Wechsel R -> L	0.13	1:39	12:41	5	0:39	47	0:58	29.09	1:29:10	3:03	6	22:16	52	23:15
Radfahren 000	28.13	1:10:10	2:29	6	16:51	58	16:51	29.09	1:29:10	3:03	6	22:16	52	23:15
Lauf	3.60	22:45	6:19	5	7:51	60	9:04	32.69	1:51:55	3:25	6	29:33	58	30:55