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Böckel, Anna Lena

□□□: 1:10:52

□□: 280

□□: 25.55 km

Chari Tria (0,55-20,0-5,0)

□□□□□/□□□: 18 (of 84)

□□□□□/□: 2 (of 22)

□□□□□□: 1:03:29

□□□□:

Frauen AK3

□□□□□: 1(of 3)

□□□□□□□: 1:10:52

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 10:49 | 19:39 | 2 | 0:15 | 4 | 0:43 | 0.55 | 10:49 | 19:39 | 2 | 0:15 | 4 | 0:43 |
| Wechsel S -> R | - | 1:30 | - | 1 | - | 2 | 0:04 | 0.55 | 12:19 | 22:23 | 1 | - | 2 | 0:47 |
| Schwimmen □□□ | 0.55 | 12:19 | 22:23 | 1 | - | 2 | 0:47 | 0.55 | 12:19 | 22:23 | 1 | - | 2 | 0:47 |
| Rad netto | 20.00 | 34:38 | 1:43 | 1 | - | 3 | 5:33 | 20.55 | 46:57 | 2:17 | 1 | - | 2 | 2:58 |
| Wechsel R -> L | - | 1:12 | - | 2 | 0:04 | 6 | 0:22 | 20.55 | 48:09 | 2:20 | 1 | - | 2 | 3:20 |
| Rad □□□ | 20.00 | 35:50 | 1:47 | 1 | - | 3 | 5:27 | 20.55 | 48:09 | 2:20 | 1 | - | 2 | 3:20 |
| Lauf | 5.00 | 22:43 | 4:32 | 1 | - | 2 | 4:03 | 25.55 | 1:10:52 | 2:46 | 1 | - | 2 | 7:23 |