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Augenoptik HAUPTsacheSCHARF 1 □□□: 1:47:42

□□: S. Scharf, C. Haupt, S. Rochnia, P. Nowak
□□: 314

□□: 27.35 km

Chari Tria Health Staffel (0,35-22,0-5,0)

□□□□:

Gesundheitstriathlon

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□ | □□ □□ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□ | □□ □□ |
|----------------|----------|----------|--------------|---------|---------|----------|----------|-------|-----------|-----------|---------------|---------|---------|----------|----------|
| Schwimmen nett | 0.35 | 8:33 | 24:25 | 1 | - | 1 | - | 0.35 | 8:33 | 24:25 | 1 | - | 1 | - | |
| Wechsel S -> R | - | 1:33 | - | 1 | - | 1 | - | 0.35 | 10:06 | 28:51 | 1 | - | 1 | - | |
| Schwimmen □□□ | 0.35 | 10:06 | 28:51 | 1 | - | 1 | - | 0.35 | 10:06 | 28:51 | 1 | - | 1 | - | |
| Rad netto | 22.00 | 1:00:41 | 2:45 | 2 | 19:24 | 2 | 19:24 | 22.35 | 1:10:47 | 3:10 | 2 | 18:20 | 2 | 18:20 | |
| Wechsel R -> L | - | 0:54 | - | 1 | - | 1 | - | 22.35 | 1:11:41 | 3:12 | 2 | 18:14 | 2 | 18:14 | |
| Rad □□□ | 22.00 | 1:01:35 | 2:47 | 2 | 19:18 | 2 | 19:18 | 22.35 | 1:11:41 | 3:12 | 2 | 18:14 | 2 | 18:14 | |
| Lauf | 5.00 | 36:01 | 7:12 | 2 | 6:06 | 2 | 6:06 | 27.35 | 1:47:42 | 3:56 | 2 | 24:20 | 2 | 24:20 | |