



□□□: 1:20:18

□□: Afterburner

□□: 339

 Triathlonstaffel
 00000/000: 15 (of 21)

 0000000: 15 (of 21)

 000000: 1:03:04

min/km km min/km km Schwimmen 0.50 12:44 25:27 17 6:00 17 6:00 0.50 12:44 25:27 0:18 0:18 8 8

0.50 12:44 Schwimmen □□□ Wechsel Schw.-R 0.25 2:01 8:03 15 0:46 15 0:46 0.75 14:45 19:40 8 0:33 8 0:33 Rad 40:56 2:02 13 20.00 40:15 13 40:15 20.75 55:41 2:41 8 5:12 8 5:12 Rad 🔲 🗎 20.25 42:57 Laufrunde 2,5 kn 2.50 11:49 10 3:18 10 3:18 23.25 1:07:30 2:54 5:06 5:06 4:43 8 8 Lauf 2.50 12:48 5:07 9 4:01 9 4:01 25.75 1:20:18 3:07 15 17:14 15 17:14

Lauf [[[]] 25.25 1:20:18