



0000

UNMACK, Torste

000: 2:38:58

00: 6er Kette

00: 516

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 83 (of 233)

00000/0: 80 (of 179)

000000: 2:04:10

0000:

00000: 17(of 39)

SEN2 / TM 45

0000000: 2:19:54

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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	1.50	33:03	22:01	22	10:28	104	12:27	1.50	33:03	22:01	22	10:28	104	12:27
Wechsel S -> R	0.26	2:43	10:26	6	0:48	59	1:18	1.76	35:46	20:19	18	10:18	92	12:57
Schwimmen 000	1.76	35:46	20:19	18	10:18	92	12:57	1.76	35:46	20:19	18	10:18	92	12:57
Rad netto	40.00	1:11:46	1:47	14	8:25	58	10:33	41.76	1:47:32	2:34	17	16:33	75	20:55
Wechsel R -> L	0.13	2:28	18:58	33	1:34	155	1:45	41.89	1:50:00	2:37	18	17:52	78	22:40
Radfahren 000	40.13	1:14:14	1:50	17	9:44	70	12:18	41.89	1:50:00	2:37	18	17:52	78	22:40
Lauf	10.00	48:58	4:53	18	7:26	76	12:26	51.89	2:38:58	3:03	17	19:04	80	34:48