



0000

ROCKSTROH, Thorsten

000: 2:41:21

00: KSC Aken 1998 e.V.

00: 413

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 92 (of 233)

00000/0: 88 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 21(of 39)

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	32:37	21:44	19	10:02	100	12:01	1.50	32:37	21:44	19	10:02	100	12:01
Wechsel S -> R	0.26	3:06	11:55	15	1:11	83	1:41	1.76	35:43	20:17	16	10:15	89	12:54
Schwimmen 000	1.76	35:43	20:17	16	10:15	89	12:54	1.76	35:43	20:17	16	10:15	89	12:54
Rad netto	40.00	1:09:54	1:44	7	6:33	32	8:41	41.76	1:45:37	2:31	14	14:38	65	19:00
Wechsel R -> L	0.13	2:12	16:55	28	1:18	144	1:29	41.89	1:47:49	2:34	14	15:41	66	20:29
Radfahren 000	40.13	1:12:06	1:47	10	7:36	44	10:10	41.89	1:47:49	2:34	14	15:41	66	20:29
Lauf	10.00	53:32	5:21	25	12:00	121	17:00	51.89	2:41:21	3:06	21	21:27	88	37:11