



0000

OPPATT, Frank

000: 2:41:52

00: TVB 09 Berlin

00: 510

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 97 (of 233)

00000/0: 92 (of 179)

000000: 2:04:10

0000:

SEN4 / TM 55

00000: 4(of 10)

0000000: 2:23:58

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	30:44	20:29	3	2:01	71	10:08	1.50	30:44	20:29	3	2:01	71	10:08	
Wechsel S -> R	0.26	3:10	12:10	5	1:32	88	1:45	1.76	33:54	19:15	4	3:33	76	11:05	
Schwimmen 000	1.76	33:54	19:15	4	3:33	76	11:05	1.76	33:54	19:15	4	3:33	76	11:05	
Rad netto	40.00	1:16:10	1:54	4	7:16	110	14:57	41.76	1:50:04	2:38	4	10:49	91	23:27	
Wechsel R -> L	0.13	1:35	12:10	5	0:41	93	0:52	41.89	1:51:39	2:39	4	11:30	88	24:19	
Radfahren 000	40.13	1:17:45	1:56	4	7:57	108	15:49	41.89	1:51:39	2:39	4	11:30	88	24:19	
Lauf	10.00	50:13	5:01	5	6:24	96	13:41	51.89	2:41:52	3:07	4	17:54	92	37:42	