



0000

NICKLAUS, Jan

000: 2:13:13

00: A3K

00: 336

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 4 (of 233)

00000/0: 4 (of 179)

000000: 2:04:10

0000:

AK4 / TM 35

00000: 2(of 28)

0000000: 2:08:44

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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	23:14	15:29	2	1:54	5	2:38	1.50	23:14	15:29	2	1:54	5	2:38
Wechsel S -> R	0.26	1:36	6:09	1	-	2	0:11	1.76	24:50	14:06	2	1:54	4	2:01
Schwimmen 000	1.76	24:50	14:06	2	1:54	4	2:01	1.76	24:50	14:06	2	1:54	4	2:01
Rad netto	40.00	1:06:36	1:39	3	2:34	14	5:23	41.76	1:31:26	2:11	2	4:28	6	4:49
Wechsel R -> L	0.13	0:46	5:53	1	-	2	0:03	41.89	1:32:12	2:12	2	4:23	6	4:52
Radfahren 000	40.13	1:07:22	1:40	3	2:29	12	5:26	41.89	1:32:12	2:12	2	4:23	6	4:52
Lauf	10.00	41:01	4:06	3	1:57	8	4:29	51.89	2:13:13	2:34	2	4:29	4	9:03