



0000

ELIXIA LIO Flamingos

000: 2:41:36

00: ELIXIA LIO Flamingos

00: 577

00: 51.89 km

Olympisch Staffel (1,5/40/10 km)

00000/000: 19 (of 30)

00000/000: 19 (of 30)

000000: 2:07:53

0000:

00000: 19(of 30)

Staffel

0000000: 2:07:53

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0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 000 | 00 000 | 000 | 000 | 000 | 00 - | 00 - | 00 000 | 00 000 |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 1.50 | 37:43 | 25:08 | 26 | 14:52 | 26 | 14:52 | 1.50 | 37:43 | 25:08 | 26 | 14:52 | 26 | 14:52 |
| Wechsel S -> R | 0.26 | 2:05 | 8:00 | 27 | 1:03 | 27 | 1:03 | 1.76 | 39:48 | 22:36 | 26 | 15:37 | 26 | 15:37 |
| Schwimmen 000 | 1.76 | 39:48 | 22:36 | 26 | 15:37 | 26 | 15:37 | 1.76 | 39:48 | 22:36 | 26 | 15:37 | 26 | 15:37 |
| Rad netto | 40.00 | 1:09:22 | 1:44 | 14 | 8:24 | 14 | 8:24 | 41.76 | 1:49:10 | 2:36 | 21 | 23:28 | 21 | 23:28 |
| Wechsel R -> L | 0.13 | 0:48 | 6:09 | 13 | 0:17 | 13 | 0:17 | 41.89 | 1:49:58 | 2:37 | 21 | 23:27 | 21 | 23:27 |
| Radfahren 000 | 40.13 | 1:10:10 | 1:44 | 14 | 8:23 | 14 | 8:23 | 41.89 | 1:49:58 | 2:37 | 21 | 23:27 | 21 | 23:27 |
| Lauf | 10.00 | 51:38 | 5:09 | 16 | 13:32 | 16 | 13:32 | 51.89 | 2:41:36 | 3:06 | 19 | 33:43 | 19 | 33:43 |