



0000

SCHWEDHELM, Carolina

000: 2:41:45

00: Berlin

00: 436

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 96 (of 233)

00000/0: 5 (of 54)

000000: 2:31:35

0000:

AK2 / TW 25

00000: 3(of 8)

0000000: 2:31:35

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	32:46	21:50	5	9:32	16	9:32	1.50	32:46	21:50	5	9:32	16	9:32
Wechsel S -> R	0.26	3:09	12:06	6	1:17	22	1:17	1.76	35:55	20:24	4	10:49	13	10:49
Schwimmen 000	1.76	35:55	20:24	4	10:49	13	10:49	1.76	35:55	20:24	4	10:49	13	10:49
Rad netto	40.00	1:15:39	1:53	3	1:02	8	3:41	41.76	1:51:34	2:40	3	10:58	7	10:58
Wechsel R -> L	0.13	2:11	16:47	7	1:14	45	1:14	41.89	1:53:45	2:42	3	12:12	8	12:12
Radfahren 000	40.13	1:17:50	1:56	3	1:50	8	4:45	41.89	1:53:45	2:42	3	12:12	8	12:12
Lauf	10.00	48:00	4:47	2	2:51	5	3:29	51.89	2:41:45	3:07	3	10:10	5	10:10