



0000

ELSTERMANN, FRank

000: 2:45:18

00: FH Runners

00: 554

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 109 (of 233)

00000/0: 101 (of 179)

000000: 2:04:10

0000:

00000: 24(of 39)

SEN2 / TM 45

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	32:32	21:41	18	9:57	96	11:56	1.50	32:32	21:41	18	9:57	96	11:56
Wechsel S -> R	0.26	3:27	13:16	23	1:32	104	2:02	1.76	35:59	20:26	21	10:31	96	13:10
Schwimmen 000	1.76	35:59	20:26	21	10:31	96	13:10	1.76	35:59	20:26	21	10:31	96	13:10
Rad netto	40.00	1:13:37	1:50	21	10:16	83	12:24	41.76	1:49:36	2:37	22	18:37	87	22:59
Wechsel R -> L	0.13	1:10	8:58	5	0:16	31	0:27	41.89	1:50:46	2:38	21	18:38	86	23:26
Radfahren 000	40.13	1:14:47	1:51	19	10:17	77	12:51	41.89	1:50:46	2:38	21	18:38	86	23:26
Lauf	10.00	54:32	5:27	30	13:00	129	18:00	51.89	2:45:18	3:11	24	25:24	101	41:08