



0000

BodyConcept

000: 2:43:51

00: BodyConcept

00: 583

00: 51.89 km

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

00000/000: 21 (of 30)

00000/000: 21 (of 30)

000000: 2:07:53

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00000: 21(of 30)

Staffel

0000000: 2:07:53

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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	25:36	17:03	8	2:45	8	2:45	1.50	25:36	17:03	8	2:45	8	2:45
Wechsel S -> R	0.26	1:34	6:01	23	0:32	23	0:32	1.76	27:10	15:26	9	2:59	9	2:59
Schwimmen 000	1.76	27:10	15:26	9	2:59	9	2:59	1.76	27:10	15:26	9	2:59	9	2:59
Rad netto	40.00	1:23:19	2:04	26	22:21	26	22:21	41.76	1:50:29	2:38	22	24:47	22	24:47
Wechsel R -> L	0.13	0:52	6:40	18	0:21	18	0:21	41.89	1:51:21	2:39	22	24:50	22	24:50
Radfahren 000	40.13	1:24:11	2:05	26	22:24	26	22:24	41.89	1:51:21	2:39	22	24:50	22	24:50
Lauf	10.00	52:30	5:15	18	14:24	18	14:24	51.89	2:43:51	3:09	21	35:58	21	35:58