



0000

BRUN, Marco

000: 2:48:05

00: Radebeul

00: 541

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 120 (of 233)

00000/0: 109 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 12(of 23)

0000000: 2:04:10

0000

0000

000

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	33:49	22:32	15	12:44	117	13:13	1.50	33:49	22:32	15	12:44	117	13:13
Wechsel S -> R	0.26	2:36	10:00	9	1:11	51	1:11	1.76	36:25	20:41	13	12:45	104	13:36
Schwimmen 000	1.76	36:25	20:41	13	12:45	104	13:36	1.76	36:25	20:41	13	12:45	104	13:36
Rad netto	40.00	1:14:27	1:51	9	13:14	94	13:14	41.76	1:50:52	2:39	10	24:15	97	24:15
Wechsel R -> L	0.13	1:45	13:27	15	1:02	111	1:02	41.89	1:52:37	2:41	10	25:17	96	25:17
Radfahren 000	40.13	1:16:12	1:53	10	14:16	93	14:16	41.89	1:52:37	2:41	10	25:17	96	25:17
Lauf	10.00	55:28	5:32	19	18:38	137	18:56	51.89	2:48:05	3:14	12	43:55	109	43:55