



0000

HAAFKE, Bastian

000: 2:50:18

00: Berlin

00: 507

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 131 (of 233)

00000/0: 117 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 15(of 23)

0000000: 2:04:10

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	35:13	23:28	16	14:08	128	14:37	1.50	35:13	23:28	16	14:08	128	14:37
Wechsel S -> R	0.26	3:31	13:31	15	2:06	108	2:06	1.76	38:44	22:00	15	15:04	127	15:55
Schwimmen 000	1.76	38:44	22:00	15	15:04	127	15:55	1.76	38:44	22:00	15	15:04	127	15:55
Rad netto	40.00	1:17:52	1:56	13	16:39	127	16:39	41.76	1:56:36	2:47	15	29:59	127	29:59
Wechsel R -> L	0.13	1:24	10:46	12	0:41	65	0:41	41.89	1:58:00	2:49	14	30:40	122	30:40
Radfahren 000	40.13	1:19:16	1:58	13	17:20	122	17:20	41.89	1:58:00	2:49	14	30:40	122	30:40
Lauf	10.00	52:18	5:13	14	15:28	110	15:46	51.89	2:50:18	3:16	15	46:08	117	46:08