



0000

CHLOSTA, Marek

000: 2:50:38

00: Strausberg

00: 495

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 132 (of 233)

00000/0: 118 (of 179)

000000: 2:04:10

0000:

SEN1 / TM 40

00000: 18(of 27)

0000000: 2:23:25

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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	32:33	21:41	16	5:03	98	11:57	1.50	32:33	21:41	16	5:03	98	11:57
Wechsel S -> R	0.26	2:23	9:09	7	0:30	34	0:58	1.76	34:56	19:50	15	4:43	83	12:07
Schwimmen 000	1.76	34:56	19:50	15	4:43	83	12:07	1.76	34:56	19:50	15	4:43	83	12:07
Rad netto	40.00	1:20:51	2:01	23	15:43	148	19:38	41.76	1:55:47	2:46	18	18:59	118	29:10
Wechsel R -> L	0.13	1:16	9:44	7	0:22	48	0:33	41.89	1:57:03	2:47	18	18:58	119	29:43
Radfahren 000	40.13	1:22:07	2:02	23	15:57	145	20:11	41.89	1:57:03	2:47	18	18:58	119	29:43
Lauf	10.00	53:35	5:21	17	12:04	122	17:03	51.89	2:50:38	3:17	18	27:13	118	46:28