



0000

VAN DER VEEN, Iris

000: 2:48:51

00: Berlin

00: 435

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 126 (of 233)

00000/0: 13 (of 54)

000000: 2:31:35

0000:

AK2 / TW 25

00000: 4(of 8)

0000000: 2:31:35

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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	31:05	20:43	4	7:51	7	7:51	1.50	31:05	20:43	4	7:51	7	7:51
Wechsel S -> R	0.26	2:16	8:43	2	0:24	4	0:24	1.76	33:21	18:56	3	8:15	5	8:15
Schwimmen 000	1.76	33:21	18:56	3	8:15	5	8:15	1.76	33:21	18:56	3	8:15	5	8:15
Rad netto	40.00	1:20:59	2:01	5	6:22	21	9:01	41.76	1:54:20	2:44	4	13:44	11	13:44
Wechsel R -> L	0.13	1:44	13:20	6	0:47	34	0:47	41.89	1:56:04	2:46	4	14:31	11	14:31
Radfahren 000	40.13	1:22:43	2:03	5	6:43	22	9:38	41.89	1:56:04	2:46	4	14:31	11	14:31
Lauf	10.00	52:47	5:16	3	7:38	14	8:16	51.89	2:48:51	3:15	4	17:16	13	17:16