



0000

ULBRICHT, Arno

000: 2:51:58

00: SV Berolina e.V.

00: 498

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 139 (of 233)

00000/0: 124 (of 179)

000000: 2:04:10

0000:

AK2 / TM 25

00000: 13(of 16)

0000000: 2:15:07

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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	24:30	16:19	1	-	10	3:54	1.50	24:30	16:19	1	-	10	3:54
Wechsel S -> R	0.26	4:00	15:23	11	2:23	128	2:35	1.76	28:30	16:11	4	1:07	20	5:41
Schwimmen 000	1.76	28:30	16:11	4	1:07	20	5:41	1.76	28:30	16:11	4	1:07	20	5:41
Rad netto	40.00	1:25:43	2:08	13	23:06	156	24:30	41.76	1:54:13	2:44	11	23:27	113	27:36
Wechsel R -> L	0.13	1:28	11:16	8	0:41	75	0:45	41.89	1:55:41	2:45	11	24:08	111	28:21
Radfahren 000	40.13	1:27:11	2:10	13	23:47	156	25:15	41.89	1:55:41	2:45	11	24:08	111	28:21
Lauf	10.00	56:17	5:37	15	17:24	143	19:45	51.89	2:51:58	3:18	13	36:51	124	47:48