



0000

BITTRICH, Jano

000: 2:53:43

00: Berlin

00: 467

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 148 (of 233)

00000/0: 130 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 17(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	32:59	21:59	13	11:54	102	12:23	1.50	32:59	21:59	13	11:54	102	12:23
Wechsel S -> R	0.26	6:15	24:02	23	4:50	167	4:50	1.76	39:14	22:17	16	15:34	132	16:25
Schwimmen 000	1.76	39:14	22:17	16	15:34	132	16:25	1.76	39:14	22:17	16	15:34	132	16:25
Rad netto	40.00	1:18:35	1:57	18	17:22	134	17:22	41.76	1:57:49	2:49	17	31:12	133	31:12
Wechsel R -> L	0.13	1:15	9:36	9	0:32	46	0:32	41.89	1:59:04	2:50	16	31:44	132	31:44
Radfahren 000	40.13	1:19:50	1:59	15	17:54	127	17:54	41.89	1:59:04	2:50	16	31:44	132	31:44
Lauf	10.00	54:39	5:27	17	17:49	130	18:07	51.89	2:53:43	3:20	17	49:33	130	49:33