



0000

JOURDAN, Christoph

000: 2:54:14

00: Berlin

00: 343

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 149 (of 233)

00000/0: 131 (of 179)

000000: 2:04:10

0000:

00000: 20(of 27)

SEN1 / TM 40

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	33:17	22:11	17	5:47	107	12:41	1.50	33:17	22:11	17	5:47	107	12:41
Wechsel S -> R	0.26	4:01	15:26	22	2:08	129	2:36	1.76	37:18	21:11	19	7:05	115	14:29
Schwimmen 000	1.76	37:18	21:11	19	7:05	115	14:29	1.76	37:18	21:11	19	7:05	115	14:29
Rad netto	40.00	1:22:00	2:02	24	16:52	152	20:47	41.76	1:59:18	2:51	24	22:30	142	32:41
Wechsel R -> L	0.13	1:17	9:52	8	0:23	50	0:34	41.89	2:00:35	2:52	23	22:30	138	33:15
Radfahren 000	40.13	1:23:17	2:04	24	17:07	150	21:21	41.89	2:00:35	2:52	23	22:30	138	33:15
Lauf	10.00	53:39	5:21	18	12:08	123	17:07	51.89	2:54:14	3:21	20	30:49	131	50:04