



0000

ROLLE, Andreas

000: 2:56:29

00: Triathlonhelden

00: 535

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 161 (of 233)

00000/0: 140 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 34(of 39)

0000000: 2:19:54

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000

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	37:57	25:18	33	15:22	160	17:21	1.50	37:57	25:18	33	15:22	160	17:21
Wechsel S -> R	0.26	8:56	34:21	38	7:01	174	7:31	1.76	46:53	26:38	38	21:25	168	24:04
Schwimmen 000	1.76	46:53	26:38	38	21:25	168	24:04	1.76	46:53	26:38	38	21:25	168	24:04
Rad netto	40.00	1:17:17	1:55	30	13:56	122	16:04	41.76	2:04:10	2:58	36	33:11	156	37:33
Wechsel R -> L	0.13	2:26	18:43	32	1:32	154	1:43	41.89	2:06:36	3:01	35	34:28	155	39:16
Radfahren 000	40.13	1:19:43	1:59	30	15:13	124	17:47	41.89	2:06:36	3:01	35	34:28	155	39:16
Lauf	10.00	49:53	4:59	22	8:21	90	13:21	51.89	2:56:29	3:24	34	36:35	140	52:19