



0000

SCHUBERT, Jens

000: 2:56:06

00: ohne

00: 353

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 159 (of 233)

00000/0: 139 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 33(of 39)

0000000: 2:19:54

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	32:47	21:51	20	10:12	101	12:11	1.50	32:47	21:51	20	10:12	101	12:11
Wechsel S -> R	0.26	3:03	11:43	14	1:08	79	1:38	1.76	35:50	20:21	19	10:22	93	13:01
Schwimmen 000	1.76	35:50	20:21	19	10:22	93	13:01	1.76	35:50	20:21	19	10:22	93	13:01
Rad netto	40.00	1:18:51	1:58	32	15:30	136	17:38	41.76	1:54:41	2:44	27	23:42	115	28:04
Wechsel R -> L	0.13	2:19	17:49	30	1:25	150	1:36	41.89	1:57:00	2:47	28	24:52	118	29:40
Radfahren 000	40.13	1:21:10	2:01	32	16:40	138	19:14	41.89	1:57:00	2:47	28	24:52	118	29:40
Lauf	10.00	59:06	5:54	36	17:34	155	22:34	51.89	2:56:06	3:23	33	36:12	139	51:56