



0000

LAMPE, Christian

000: 2:59:26

00: Berlin

00: 493

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 171 (of 233)

00000/0: 147 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 35(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	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	32:11	21:27	17	9:36	88	11:35	1.50	32:11	21:27	17	9:36	88	11:35	
Wechsel S -> R	0.26	3:33	13:39	25	1:38	112	2:08	1.76	35:44	20:18	17	10:16	90	12:55	
Schwimmen 000	1.76	35:44	20:18	17	10:16	90	12:55	1.76	35:44	20:18	17	10:16	90	12:55	
Rad netto	40.00	1:24:34	2:06	37	21:13	154	23:21	41.76	2:00:18	2:52	34	29:19	146	33:41	
Wechsel R -> L	0.13	2:23	18:19	31	1:29	151	1:40	41.89	2:02:41	2:55	34	30:33	144	35:21	
Radfahren 000	40.13	1:26:57	2:10	37	22:27	154	25:01	41.89	2:02:41	2:55	34	30:33	144	35:21	
Lauf	10.00	56:45	5:40	34	15:13	149	20:13	51.89	2:59:26	3:27	35	39:32	147	55:16	