



0000

**VOLGNANDT, Torsten**

000: 3:02:27

00: Team Erdinger Alkoholfrei

00: 323

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 182 (of 233)

00000/0: 152 (of 179)

000000: 2:04:10

0000:

00000: 36(of 39)

SEN2 / TM 45

0000000: 2:19:54

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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	31:30	21:00	13	8:55	81	10:54	1.50	31:30	21:00	13	8:55	81	10:54
Wechsel S -> R	0.26	3:06	11:55	15	1:11	83	1:41	1.76	34:36	19:39	14	9:08	79	11:47
Schwimmen 000	1.76	34:36	19:39	14	9:08	79	11:47	1.76	34:36	19:39	14	9:08	79	11:47
Rad netto	40.00	1:36:49	2:25	39	33:28	173	35:36	41.76	2:11:25	3:08	38	40:26	165	44:48
Wechsel R -> L	0.13	1:33	11:55	17	0:39	88	0:50	41.89	2:12:58	3:10	38	40:50	165	45:38
Radfahren 000	40.13	1:38:22	2:27	39	33:52	173	36:26	41.89	2:12:58	3:10	38	40:50	165	45:38
Lauf	10.00	49:29	4:56	20	7:57	85	12:57	51.89	3:02:27	3:30	36	42:33	152	58:17