



0000

VIGANO, Sina

000: 3:00:27

00: Hohen Neuendorf

00: 308

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 175 (of 233)

00000/0: 26 (of 54)

000000: 2:31:35

0000:

AK4 / TW 35

00000: 6(of 8)

0000000: 2:48:34

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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	34:59	23:19	2	3:21	25	11:45	1.50	34:59	23:19	2	3:21	25	11:45
Wechsel S -> R	0.26	3:04	11:47	3	0:37	20	1:12	1.76	38:03	21:37	2	3:12	22	12:57
Schwimmen 000	1.76	38:03	21:37	2	3:12	22	12:57	1.76	38:03	21:37	2	3:12	22	12:57
Rad netto	40.00	1:20:38	2:00	3	4:05	19	8:40	41.76	1:58:41	2:50	3	4:01	20	18:05
Wechsel R -> L	0.13	1:30	11:32	3	0:08	21	0:33	41.89	2:00:11	2:52	3	4:06	21	18:38
Radfahren 000	40.13	1:22:08	2:02	3	4:10	19	9:03	41.89	2:00:11	2:52	3	4:06	21	18:38
Lauf	10.00	1:00:16	6:01	8	8:17	36	15:45	51.89	3:00:27	3:28	6	11:53	26	28:52