



0000

BRÜGGEMANN, Philipp

000: 3:06:07

00: Berlin

00: 416

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 190 (of 233)

00000/0: 155 (of 179)

000000: 2:04:10

0000:

00000: 28(of 28)

AK4 / TM 35

0000000: 2:08:44

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	33:31	22:20	20	12:11	111	12:55	1.50	33:31	22:20	20	12:11	111	12:55
Wechsel S -> R	0.26	3:27	13:16	19	1:51	104	2:02	1.76	36:58	21:00	21	14:02	111	14:09
Schwimmen 000	1.76	36:58	21:00	21	14:02	111	14:09	1.76	36:58	21:00	21	14:02	111	14:09
Rad netto	40.00	1:24:55	2:07	28	20:53	155	23:42	41.76	2:01:53	2:55	27	34:55	151	35:16
Wechsel R -> L	0.13	2:07	16:16	25	1:21	139	1:24	41.89	2:04:00	2:57	25	36:11	149	36:40
Radfahren 000	40.13	1:27:02	2:10	28	22:09	155	25:06	41.89	2:04:00	2:57	25	36:11	149	36:40
Lauf	10.00	1:02:07	6:12	28	23:03	162	25:35	51.89	3:06:07	3:35	28	57:23	155	1:01:57