



0000

HEYMANN, Lutz

000: 3:10:09

00: -

00: 285

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 200 (of 233)

00000/0: 161 (of 179)

000000: 2:04:10

0000:

SEN3 / TM 50

00000: 20(of 22)

0000000: 2:27:52

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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	27:50	18:33	3	1:31	33	7:14	1.50	27:50	18:33	3	1:31	33	7:14
Wechsel S -> R	0.26	3:32	13:35	13	1:40	110	2:07	1.76	31:22	17:49	3	3:08	42	8:33
Schwimmen 000	1.76	31:22	17:49	3	3:08	42	8:33	1.76	31:22	17:49	3	3:08	42	8:33
Rad netto	40.00	1:28:14	2:12	20	23:01	161	27:01	41.76	1:59:36	2:51	20	22:15	144	32:59
Wechsel R -> L	0.13	3:27	26:32	21	2:29	169	2:44	41.89	2:03:03	2:56	20	24:27	147	35:43
Radfahren 000	40.13	1:31:41	2:17	20	25:13	162	29:45	41.89	2:03:03	2:56	20	24:27	147	35:43
Lauf	10.00	1:07:06	6:42	19	25:38	166	30:34	51.89	3:10:09	3:39	20	42:17	161	1:05:59