



0000

HANISCH, Gert

000: 3:11:31

00: Berlin

00: 334

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 201 (of 233)

00000/0: 162 (of 179)

000000: 2:04:10

0000:

SEN4 / TM 55

00000: 8(of 10)

0000000: 2:23:58

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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	35:36	23:44	8	6:53	135	15:00	1.50	35:36	23:44	8	6:53	135	15:00
Wechsel S -> R	0.26	4:18	16:32	8	2:40	136	2:53	1.76	39:54	22:40	8	9:33	138	17:05
Schwimmen 000	1.76	39:54	22:40	8	9:33	138	17:05	1.76	39:54	22:40	8	9:33	138	17:05
Rad netto	40.00	1:19:47	1:59	8	10:53	144	18:34	41.76	1:59:41	2:51	7	20:26	145	33:04
Wechsel R -> L	0.13	2:42	20:46	10	1:48	160	1:59	41.89	2:02:23	2:55	7	22:14	143	35:03
Radfahren 000	40.13	1:22:29	2:03	8	12:41	148	20:33	41.89	2:02:23	2:55	7	22:14	143	35:03
Lauf	10.00	1:09:08	6:54	9	25:19	168	32:36	51.89	3:11:31	3:41	8	47:33	162	1:07:21