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HANNOVER, Danny

□□□: 4:12:50

□□: TriTeamBerlin

□□: 181

□□: 116.79 km

Mittel Distanz (1,9/93/21 km)

□□□□□/□□□: 1 (of 154)

□□□□□/□: 1 (of 137)

□□□□□□: 4:12:50

□□□□:

SEN1 / TM 40

□□□□□: 1(of 20)

□□□□□□□: 4:12:50

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.90 | 28:42 | 15:06 | 3 | 2:09 | 18 | 6:03 | 1.90 | 28:42 | 15:06 | 3 | 2:09 | 18 | 6:03 |
| Wechsel S -> R | 0.26 | 1:36 | 6:09 | 1 | - | 7 | 0:16 | 2.16 | 30:18 | 14:01 | 2 | 1:54 | 14 | 6:19 |
| Schwimmen □□□ | 2.16 | 30:18 | 14:01 | 2 | 1:54 | 14 | 6:19 | 2.16 | 30:18 | 14:01 | 2 | 1:54 | 14 | 6:19 |
| Rad netto | 93.00 | 2:21:54 | 1:31 | 1 | - | 3 | 27:19 | 95.16 | 2:52:12 | 1:48 | 1 | - | 3 | 24:56 |
| Wechsel R -> L | 0.13 | 0:46 | 5:53 | 1 | - | 2 | 0:05 | 95.29 | 2:52:58 | 1:48 | 1 | - | 2 | 0:43 |
| Radfahren □□□ | 93.13 | 2:22:40 | 1:31 | 1 | - | 2 | 1:40 | 95.29 | 2:52:58 | 1:48 | 1 | - | 2 | 0:43 |
| Lauf | 21.50 | 1:19:52 | 3:42 | 1 | - | 3 | 1:42 | 116.79 | 4:12:50 | 2:09 | 1 | - | 1 | - |