



0000

MAIER, Helena

000: 3:16:06

00: Berlin

00: 405

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 205 (of 233)

00000/0: 42 (of 54)

000000: 2:31:35

0000:

AK4 / TW 35

00000: 8(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	36:43	24:28	7	5:05	37	13:29	1.50	36:43	24:28	7	5:05	37	13:29
Wechsel S -> R	0.26	4:56	18:58	7	2:29	45	3:04	1.76	41:39	23:39	7	6:48	39	16:33
Schwimmen 000	1.76	41:39	23:39	7	6:48	39	16:33	1.76	41:39	23:39	7	6:48	39	16:33
Rad netto	40.00	1:34:05	2:21	8	17:32	49	22:07	41.76	2:15:44	3:15	8	21:04	48	35:08
Wechsel R -> L	0.13	1:50	14:06	7	0:28	38	0:53	41.89	2:17:34	3:17	8	21:29	48	36:01
Radfahren 000	40.13	1:35:55	2:23	8	17:57	49	22:50	41.89	2:17:34	3:17	8	21:29	48	36:01
Lauf	10.00	58:32	5:51	6	6:33	34	14:01	51.89	3:16:06	3:46	8	27:32	42	44:31