



0000

CZESNAT, Uwe

000: 2:22:25

00: Zeppelin-Team OSC Potsdam

00: 533

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 14 (of 233)

00000/0: 14 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 3(of 39)

0000000: 2:19:54

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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	29:11	19:27	10	6:36	49	8:35	1.50	29:11	19:27	10	6:36	49	8:35
Wechsel S -> R	0.26	1:55	7:22	1	-	9	0:30	1.76	31:06	17:40	8	5:38	38	8:17
Schwimmen 000	1.76	31:06	17:40	8	5:38	38	8:17	1.76	31:06	17:40	8	5:38	38	8:17
Rad netto	40.00	1:07:44	1:41	3	4:23	19	6:31	41.76	1:38:50	2:22	4	7:51	22	12:13
Wechsel R -> L	0.13	0:57	7:18	2	0:03	15	0:14	41.89	1:39:47	2:22	3	7:39	20	12:27
Radfahren 000	40.13	1:08:41	1:42	3	4:11	19	6:45	41.89	1:39:47	2:22	3	7:39	20	12:27
Lauf	10.00	42:38	4:15	2	1:06	17	6:06	51.89	2:22:25	2:44	3	2:31	14	18:15