



0000

SEIPEL, Jean-Luc

000: 3:25:50

00: Höhenpunkt Berlin

00: 401

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 213 (of 233)

00000/0: 167 (of 179)

000000: 2:04:10

0000:

AK2 / TM 25

00000: 16(of 16)

0000000: 2:15:07

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	44:29	29:39	16	19:59	172	23:53	1.50	44:29	29:39	16	19:59	172	23:53
Wechsel S -> R	0.26	8:15	31:43	16	6:38	173	6:50	1.76	52:44	29:57	16	25:21	175	29:55
Schwimmen 000	1.76	52:44	29:57	16	25:21	175	29:55	1.76	52:44	29:57	16	25:21	175	29:55
Rad netto	40.00	1:30:02	2:15	15	27:25	165	28:49	41.76	2:22:46	3:25	16	52:00	172	56:09
Wechsel R -> L	0.13	2:24	18:27	16	1:37	152	1:41	41.89	2:25:10	3:27	16	53:37	172	57:50
Radfahren 000	40.13	1:32:26	2:18	15	29:02	164	30:30	41.89	2:25:10	3:27	16	53:37	172	57:50
Lauf	10.00	1:00:40	6:03	16	21:47	160	24:08	51.89	3:25:50	3:58	16	1:10:43	167	1:21:40