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VOGELGESANG, Peter Jan

□□□: 3:31:55

□□: BFC Dynamo

□□: 540

□□: 51.89 km

Olympisch (1,5/40/10 km)

□□□□□/□□□: 219 (of 233)

□□□□□/□: 170 (of 179)

□□□□□□: 2:04:10

□□□□:

SEN1 / TM 40

□□□□□: 26(of 27)

□□□□□□□: 2:23:25

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50     | 35:04    | 23:22        | 21      | 7:34    | 127     | 14:28   | 1.50  | 35:04     | 23:22         | 21      | 7:34    | 127     | 14:28   |
| Wechsel S -> R | 0.26     | 3:37     | 13:54        | 19      | 1:44    | 117     | 2:12    | 1.76  | 38:41     | 21:58         | 22      | 8:28    | 126     | 15:52   |
| Schwimmen □□□  | 1.76     | 38:41    | 21:58        | 22      | 8:28    | 126     | 15:52   | 1.76  | 38:41     | 21:58         | 22      | 8:28    | 126     | 15:52   |
| Rad netto      | 40.00    | 2:02:18  | 3:03         | 26      | 57:10   | 174     | 1:01:05 | 41.76 | 2:40:59   | 3:51          | 26      | 1:04:11 | 174     | 1:14:22 |
| Wechsel R -> L | 0.13     | 2:08     | 16:24        | 24      | 1:14    | 140     | 1:25    | 41.89 | 2:43:07   | 3:53          | 26      | 1:05:02 | 174     | 1:15:47 |
| Radfahren □□□  | 40.13    | 2:04:26  | 3:06         | 26      | 58:16   | 174     | 1:02:30 | 41.89 | 2:43:07   | 3:53          | 26      | 1:05:02 | 174     | 1:15:47 |
| Lauf           | 10.00    | 48:48    | 4:52         | 10      | 7:17    | 74      | 12:16   | 51.89 | 3:31:55   | 4:05          | 26      | 1:08:30 | 170     | 1:27:45 |