



0000

HARTZ, Ronny

000: 4:31:18

00: Team Laktat³

00: 125

00: 116.79 km

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

00000/000: 7 (of 154)

00000/0: 7 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 2(of 23)

0000000: 4:26:26

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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	1.90	26:47	14:05	4	2:11	10	4:08	1.90	26:47	14:05	4	2:11	10	4:08
Wechsel S -> R	0.26	2:58	11:24	15	1:35	55	1:38	2.16	29:45	13:46	5	2:52	13	5:46
Schwimmen 000	2.16	29:45	13:46	5	2:52	13	5:46	2.16	29:45	13:46	5	2:52	13	5:46
Rad netto	93.00	2:31:17	1:37	2	0:33	8	36:42	95.16	3:01:02	1:54	2	0:19	8	33:46
Wechsel R -> L	0.13	2:21	18:04	20	1:40	97	1:40	95.29	3:03:23	1:55	4	1:35	9	11:08
Radfahren 000	93.13	2:33:38	1:38	3	1:50	9	12:38	95.29	3:03:23	1:55	4	1:35	9	11:08
Lauf	21.50	1:27:55	4:05	3	4:23	11	9:45	116.79	4:31:18	2:19	2	4:52	7	18:28