



0000

ALVAREZ MATA, Carlos

000: 4:31:24

00: Zweirad-Center Stadler

00: 196

00: 116.79 km

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

00000/000: 8 (of 154)

00000/0: 8 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 3(of 23)

0000000: 4:26:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.90	26:29	13:56	2	1:53	6	3:50	1.90	26:29	13:56	2	1:53	6	3:50
Wechsel S -> R	0.26	2:07	8:08	6	0:44	21	0:47	2.16	28:36	13:14	4	1:43	8	4:37
Schwimmen 000	2.16	28:36	13:14	4	1:43	8	4:37	2.16	28:36	13:14	4	1:43	8	4:37
Rad netto	93.00	2:32:31	1:38	5	1:47	12	37:56	95.16	3:01:07	1:54	3	0:24	9	33:51
Wechsel R -> L	0.13	1:18	10:00	7	0:37	21	0:37	95.29	3:02:25	1:54	2	0:37	7	10:10
Radfahren 000	93.13	2:33:49	1:39	4	2:01	10	12:49	95.29	3:02:25	1:54	2	0:37	7	10:10
Lauf	21.50	1:28:59	4:08	4	5:27	13	10:49	116.79	4:31:24	2:19	3	4:58	8	18:34