



0000

MANZEL, Andreas

000: 3:34:53

00: Teamwork Berlin e.V.

00: 464

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 221 (of 233)

00000/0: 172 (of 179)

000000: 2:04:10

0000:

SEN4 / TM 55

00000: 10(of 10)

0000000: 2:23:58

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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	1.50	47:19	31:32	10	18:36	175	26:43	1.50	47:19	31:32	10	18:36	175	26:43
Wechsel S -> R	0.26	6:01	23:08	10	4:23	166	4:36	1.76	53:20	30:18	10	22:59	176	30:31
Schwimmen 000	1.76	53:20	30:18	10	22:59	176	30:31	1.76	53:20	30:18	10	22:59	176	30:31
Rad netto	40.00	1:34:04	2:21	10	25:10	171	32:51	41.76	2:27:24	3:31	10	48:09	173	1:00:47
Wechsel R -> L	0.13	1:29	11:24	3	0:35	77	0:46	41.89	2:28:53	3:33	10	48:44	173	1:01:33
Radfahren 000	40.13	1:35:33	2:22	10	25:45	170	33:37	41.89	2:28:53	3:33	10	48:44	173	1:01:33
Lauf	10.00	1:06:00	6:35	8	22:11	164	29:28	51.89	3:34:53	4:08	10	1:10:55	172	1:30:43