



0000

HUBKO, Marek

000: 2:23:25

00: AOK Nordost

00: 390

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 17 (of 233)

00000/0: 17 (of 179)

000000: 2:04:10

0000:

SEN1 / TM 40

00000: 1(of 27)

0000000: 2:23:25

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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	1.50	28:57	19:18	7	1:27	47	8:21	1.50	28:57	19:18	7	1:27	47	8:21
Wechsel S -> R	0.26	2:21	9:02	6	0:28	31	0:56	1.76	31:18	17:47	4	1:05	40	8:29
Schwimmen 000	1.76	31:18	17:47	4	1:05	40	8:29	1.76	31:18	17:47	4	1:05	40	8:29
Rad netto	40.00	1:05:30	1:38	2	0:22	11	4:17	41.76	1:36:48	2:19	1	-	13	10:11
Wechsel R -> L	0.13	1:17	9:52	8	0:23	50	0:34	41.89	1:38:05	2:20	1	-	13	10:45
Radfahren 000	40.13	1:06:47	1:39	2	0:37	11	4:51	41.89	1:38:05	2:20	1	-	13	10:45
Lauf	10.00	45:20	4:31	3	3:49	40	8:48	51.89	2:23:25	2:45	1	-	17	19:15