



0000

BAREUTHER, Frank

000: 4:46:56

00: TV 1848 Mönchengladbach

00: 151

00: 116.79 km

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

00000/000: 22 (of 154)

00000/0: 22 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 4(of 24)

0000000: 4:34:09

0000

0000

000

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	29:26	15:29	6	4:06	25	6:47	1.90	29:26	15:29	6	4:06	25	6:47
Wechsel S -> R	0.26	3:36	13:50	11	1:43	82	2:16	2.16	33:02	15:17	6	5:49	28	9:03
Schwimmen 000	2.16	33:02	15:17	6	5:49	28	9:03	2.16	33:02	15:17	6	5:49	28	9:03
Rad netto	93.00	2:41:53	1:44	7	47:18	37	47:18	95.16	3:14:55	2:02	5	47:39	32	47:39
Wechsel R -> L	0.13	1:57	15:00	8	0:51	69	1:16	95.29	3:16:52	2:03	4	19:01	32	24:37
Radfahren 000	93.13	2:43:50	1:45	6	13:12	36	22:50	95.29	3:16:52	2:03	4	19:01	32	24:37
Lauf	21.50	1:30:04	4:11	1	-	15	11:54	116.79	4:46:56	2:27	4	12:47	22	34:06