



0000

GESTERKAMP, Timo

000: 2:25:14

00: Finisher Schmiede

00: 264

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 21 (of 233)

00000/0: 21 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 4(of 39)

0000000: 2:19:54

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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	31:43	21:08	15	9:08	83	11:07	1.50	31:43	21:08	15	9:08	83	11:07
Wechsel S -> R	0.26	4:38	17:49	31	2:43	143	3:13	1.76	36:21	20:39	23	10:53	103	13:32
Schwimmen 000	1.76	36:21	20:39	23	10:53	103	13:32	1.76	36:21	20:39	23	10:53	103	13:32
Rad netto	40.00	1:04:45	1:37	2	1:24	6	3:32	41.76	1:41:06	2:25	6	10:07	35	14:29
Wechsel R -> L	0.13	1:22	10:30	13	0:28	61	0:39	41.89	1:42:28	2:26	6	10:20	35	15:08
Radfahren 000	40.13	1:06:07	1:38	2	1:37	6	4:11	41.89	1:42:28	2:26	6	10:20	35	15:08
Lauf	10.00	42:46	4:16	3	1:14	21	6:14	51.89	2:25:14	2:47	4	5:20	21	21:04