



0000

BARZ, Martin

000: 4:53:13

00: Importante Marketing

00: 89

00: 116.79 km

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

00000/000: 31 (of 154)

00000/0: 31 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 9(of 21)

0000000: 4:14:22

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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  | 28:58   | 15:14  | 5  | 2:46  | 21 | 6:19  | 1.90   | 28:58   | 15:14  | 5  | 2:46  | 21 | 6:19  |
| Wechsel S -> R | 0.26  | 2:48    | 10:46  | 9  | 1:25  | 45 | 1:28  | 2.16   | 31:46   | 14:42  | 6  | 4:11  | 22 | 7:47  |
| Schwimmen 000  | 2.16  | 31:46   | 14:42  | 6  | 4:11  | 22 | 7:47  | 2.16   | 31:46   | 14:42  | 6  | 4:11  | 22 | 7:47  |
| Rad netto      | 93.00 | 2:43:21 | 1:45   | 12 | 23:48 | 40 | 48:46 | 95.16  | 3:15:07 | 2:03   | 10 | 24:19 | 33 | 47:51 |
| Wechsel R -> L | 0.13  | 1:13    | 9:21   | 4  | 0:22  | 14 | 0:32  | 95.29  | 3:16:20 | 2:03   | 10 | 24:05 | 31 | 24:05 |
| Radfahren 000  | 93.13 | 2:44:34 | 1:46   | 11 | 23:34 | 37 | 23:34 | 95.29  | 3:16:20 | 2:03   | 10 | 24:05 | 31 | 24:05 |
| Lauf           | 21.50 | 1:36:53 | 4:30   | 13 | 17:25 | 39 | 18:43 | 116.79 | 4:53:13 | 2:30   | 9  | 38:51 | 31 | 40:23 |