



0000

HEROLD, Patrice

000: 4:54:24

00: Heliocentris Sports e.V.

00: 94

00: 116.79 km

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

00000/000: 34 (of 154)

00000/0: 34 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 11(of 21)

0000000: 4:14:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	32:31	17:06	10	6:19	55	9:52	1.90	32:31	17:06	10	6:19	55	9:52
Wechsel S -> R	0.26	3:14	12:26	13	1:51	66	1:54	2.16	35:45	16:33	11	8:10	57	11:46
Schwimmen 000	2.16	35:45	16:33	11	8:10	57	11:46	2.16	35:45	16:33	11	8:10	57	11:46
Rad netto	93.00	2:39:50	1:43	8	20:17	29	45:15	95.16	3:15:35	2:03	11	24:47	35	48:19
Wechsel R -> L	0.13	3:12	24:36	21	2:21	118	2:31	95.29	3:18:47	2:05	11	26:32	39	26:32
Radfahren 000	93.13	2:43:02	1:45	10	22:02	33	22:02	95.29	3:18:47	2:05	11	26:32	39	26:32
Lauf	21.50	1:35:37	4:26	10	16:09	32	17:27	116.79	4:54:24	2:31	11	40:02	34	41:34