



0000

DOMINGOS, David Carlos

000: 4:54:17

00: Brasilien@Berlin

00: 56

00: 116.79 km

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

00000/000: 33 (of 154)

00000/0: 33 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 10(of 21)

0000000: 4:14:22

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0000

000

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	32:48	17:15	13	6:36	60	10:09	1.90	32:48	17:15	13	6:36	60	10:09
Wechsel S -> R	0.26	2:54	11:09	11	1:31	54	1:34	2.16	35:42	16:31	10	8:07	55	11:43
Schwimmen 000	2.16	35:42	16:31	10	8:07	55	11:43	2.16	35:42	16:31	10	8:07	55	11:43
Rad netto	93.00	2:46:48	1:47	13	27:15	47	52:13	95.16	3:22:30	2:07	14	31:42	48	55:14
Wechsel R -> L	0.13	1:53	14:29	15	1:02	65	1:12	95.29	3:24:23	2:08	14	32:08	49	32:08
Radfahren 000	93.13	2:48:41	1:48	13	27:41	47	27:41	95.29	3:24:23	2:08	14	32:08	49	32:08
Lauf	21.50	1:29:54	4:10	3	10:26	14	11:44	116.79	4:54:17	2:31	10	39:55	33	41:27