



0000

REINECKE, Ronny

000: 4:55:18

00: Asphaltflechete

00: 183

00: 116.79 km

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

00000/000: 35 (of 154)

00000/0: 35 (of 137)

000000: 4:12:50

0000:

SEN1 / TM 40

00000: 3(of 20)

0000000: 4:12:50

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	32:41	17:12	9	6:08	57	10:02	1.90	32:41	17:12	9	6:08	57	10:02
Wechsel S -> R	0.26	2:14	8:35	4	0:38	25	0:54	2.16	34:55	16:09	7	6:31	49	10:56
Schwimmen 000	2.16	34:55	16:09	7	6:31	49	10:56	2.16	34:55	16:09	7	6:31	49	10:56
Rad netto	93.00	2:37:55	1:41	2	16:01	25	43:20	95.16	3:12:50	2:01	2	20:38	26	45:34
Wechsel R -> L	0.13	1:48	13:50	10	1:02	60	1:07	95.29	3:14:38	2:02	2	21:40	26	22:23
Radfahren 000	93.13	2:39:43	1:42	2	17:03	24	18:43	95.29	3:14:38	2:02	2	21:40	26	22:23
Lauf	21.50	1:40:40	4:40	6	20:48	53	22:30	116.79	4:55:18	2:31	3	42:28	35	42:28