



0000

DOHLE, Christian

000: 5:00:53

00: Team Arndt e.V.

00: 65

00: 116.79 km

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

00000/000: 40 (of 154)

00000/0: 40 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 12(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	31:54	16:47	9	5:42	46	9:15	1.90	31:54	16:47	9	5:42	46	9:15
Wechsel S -> R	0.26	4:29	17:14	19	3:06	106	3:09	2.16	36:23	16:50	13	8:48	63	12:24
Schwimmen 000	2.16	36:23	16:50	13	8:48	63	12:24	2.16	36:23	16:50	13	8:48	63	12:24
Rad netto	93.00	2:59:43	1:55	17	40:10	85	1:05:08	95.16	3:36:06	2:16	16	45:18	76	1:08:50
Wechsel R -> L	0.13	1:52	14:21	14	1:01	63	1:11	95.29	3:37:58	2:17	16	45:43	76	45:43
Radfahren 000	93.13	3:01:35	1:56	17	40:35	84	40:35	95.29	3:37:58	2:17	16	45:43	76	45:43
Lauf	21.50	1:22:55	3:51	2	3:27	5	4:45	116.79	5:00:53	2:34	12	46:31	40	48:03