



0000

BROISTEDT, Dennis

000: 5:06:03

00: Ruppiner Triathlon Verein e.V.

00: 130

00: 116.79 km

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

00000/000: 49 (of 154)

00000/0: 48 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 14(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	32:39	17:11	11	6:27	56	10:00	1.90	32:39	17:11	11	6:27	56	10:00
Wechsel S -> R	0.26	3:22	12:56	14	1:59	71	2:02	2.16	36:01	16:40	12	8:26	59	12:02
Schwimmen 000	2.16	36:01	16:40	12	8:26	59	12:02	2.16	36:01	16:40	12	8:26	59	12:02
Rad netto	93.00	2:42:51	1:45	11	23:18	39	48:16	95.16	3:18:52	2:05	12	28:04	41	51:36
Wechsel R -> L	0.13	1:45	13:27	13	0:54	55	1:04	95.29	3:20:37	2:06	12	28:22	40	28:22
Radfahren 000	93.13	2:44:36	1:46	12	23:36	38	23:36	95.29	3:20:37	2:06	12	28:22	40	28:22
Lauf	21.50	1:45:26	4:54	15	25:58	71	27:16	116.79	5:06:03	2:37	14	51:41	48	53:13