



STOSCHEK, Uwe

5:17:52

Potsdam

191

116.79 km

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

65 (of 154)

61 (of 137)

4:12:50

SEN3 / TM 50

9 (of 24)

4:34:09

Erkner

Erkner

Erkner

	km	min	sec	min/km	-	-	km	min	sec	min/km	-	-	km	min	sec
Schwimmen nett	1.90	46:13	24:19	23	20:53	134	23:34	1.90	46:13	24:19	23	20:53	134	23:34	
Wechsel S -> R	0.26	4:33	17:30	16	2:40	108	3:13	2.16	50:46	23:30	22	23:33	131	26:47	
Schwimmen	2.16	50:46	23:30	22	23:33	131	26:47	2.16	50:46	23:30	22	23:33	131	26:47	
Rad netto	93.00	2:40:39	1:43	5	46:04	34	46:04	95.16	3:31:25	2:13	12	1:04:09	66	1:04:09	
Wechsel R -> L	0.13	2:12	16:55	11	1:06	85	1:31	95.29	3:33:37	2:14	11	35:46	64	41:22	
Radfahren	93.13	2:42:51	1:44	4	12:13	32	21:51	95.29	3:33:37	2:14	11	35:46	64	41:22	
Lauf	21.50	1:44:15	4:50	9	14:11	65	26:05	116.79	5:17:52	2:43	9	43:43	61	1:05:02	