



0000

HELLER, Sebastian

000: 5:21:04

00: Schöneiche

00: 50

00: 116.79 km

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

00000/000: 69 (of 154)

00000/0: 65 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 15(of 23)

0000000: 4:26:26

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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	36:14	19:04	20	11:38	101	13:35	1.90	36:14	19:04	20	11:38	101	13:35
Wechsel S -> R	0.26	2:42	10:23	11	1:19	40	1:22	2.16	38:56	18:01	16	12:03	82	14:57
Schwimmen 000	2.16	38:56	18:01	16	12:03	82	14:57	2.16	38:56	18:01	16	12:03	82	14:57
Rad netto	93.00	3:01:44	1:57	20	31:00	96	1:07:09	95.16	3:40:40	2:19	18	39:57	91	1:13:24
Wechsel R -> L	0.13	1:15	9:36	6	0:34	18	0:34	95.29	3:41:55	2:19	17	40:07	84	49:40
Radfahren 000	93.13	3:02:59	1:57	20	31:11	90	41:59	95.29	3:41:55	2:19	17	40:07	84	49:40
Lauf	21.50	1:39:09	4:36	13	15:37	47	20:59	116.79	5:21:04	2:44	15	54:38	65	1:08:14