



0000

SCHWALBE, Timo

000: 5:23:43

00: Tri-Sport Lübeck

00: 142

00: 116.79 km

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

00000/000: 72 (of 154)

00000/0: 68 (of 137)

000000: 4:12:50

0000:

00000: 10(of 20)

SEN1 / TM 40

0000000: 4:12:50

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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	34:06	17:56	12	7:33	72	11:27	1.90	34:06	17:56	12	7:33	72	11:27
Wechsel S -> R	0.26	2:29	9:33	6	0:53	34	1:09	2.16	36:35	16:56	10	8:11	66	12:36
Schwimmen 000	2.16	36:35	16:56	10	8:11	66	12:36	2.16	36:35	16:56	10	8:11	66	12:36
Rad netto	93.00	2:50:44	1:50	9	28:50	60	56:09	95.16	3:27:19	2:10	8	35:07	57	1:00:03
Wechsel R -> L	0.13	1:58	15:07	12	1:12	72	1:17	95.29	3:29:17	2:11	8	36:19	56	37:02
Radfahren 000	93.13	2:52:42	1:51	10	30:02	60	31:42	95.29	3:29:17	2:11	8	36:19	56	37:02
Lauf	21.50	1:54:26	5:19	12	34:34	93	36:16	116.79	5:23:43	2:46	10	1:10:53	68	1:10:53