



□□□□

DOBBERT, Bernd

□□□: 5:24:37

□□: Berlin

□□: 146

□□: 116.79 km

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

□□□□□/□□□: 74 (of 154)

□□□□□/□: 70 (of 137)

□□□□□□: 4:12:50

□□□□:

SEN2 / TM 45

□□□□□: 15(of 25)

□□□□□□□: 4:28:31

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.90 | 36:16 | 19:05 | 18 | 8:47 | 103 | 13:37 | 1.90 | 36:16 | 19:05 | 18 | 8:47 | 103 | 13:37 |
| Wechsel S -> R | 0.26 | 3:48 | 14:36 | 17 | 1:53 | 87 | 2:28 | 2.16 | 40:04 | 18:32 | 18 | 10:39 | 97 | 16:05 |
| Schwimmen □□□ | 2.16 | 40:04 | 18:32 | 18 | 10:39 | 97 | 16:05 | 2.16 | 40:04 | 18:32 | 18 | 10:39 | 97 | 16:05 |
| Rad netto | 93.00 | 2:53:11 | 1:51 | 14 | 21:41 | 66 | 58:36 | 95.16 | 3:33:15 | 2:14 | 15 | 31:19 | 70 | 1:05:59 |
| Wechsel R -> L | 0.13 | 2:10 | 16:39 | 18 | 1:07 | 83 | 1:29 | 95.29 | 3:35:25 | 2:15 | 15 | 32:00 | 70 | 43:10 |
| Radfahren □□□ | 93.13 | 2:55:21 | 1:52 | 15 | 22:38 | 66 | 34:21 | 95.29 | 3:35:25 | 2:15 | 15 | 32:00 | 70 | 43:10 |
| Lauf | 21.50 | 1:49:12 | 5:04 | 18 | 25:16 | 80 | 31:02 | 116.79 | 5:24:37 | 2:46 | 15 | 56:06 | 70 | 1:11:47 |