



0000

GEROLD, Martin

000: 5:24:55

00: Göttingen

00: 198

00: 116.79 km

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

00000/000: 75 (of 154)

00000/0: 71 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 11(of 24)

0000000: 4:34:09

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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	34:16	18:02	10	8:56	76	11:37	1.90	34:16	18:02	10	8:56	76	11:37
Wechsel S -> R	0.26	3:23	13:00	8	1:30	72	2:03	2.16	37:39	17:25	10	10:26	72	13:40
Schwimmen 000	2.16	37:39	17:25	10	10:26	72	13:40	2.16	37:39	17:25	10	10:26	72	13:40
Rad netto	93.00	3:03:04	1:58	16	1:08:29	99	1:08:29	95.16	3:40:43	2:19	14	1:13:27	92	1:13:27
Wechsel R -> L	0.13	1:58	15:07	9	0:52	72	1:17	95.29	3:42:41	2:20	13	44:50	89	50:26
Radfahren 000	93.13	3:05:02	1:59	14	34:24	98	44:02	95.29	3:42:41	2:20	13	44:50	89	50:26
Lauf	21.50	1:42:14	4:45	8	12:10	59	24:04	116.79	5:24:55	2:46	11	50:46	71	1:12:05