



0000

BLANK, Bastian

000: 5:31:51

00: Nürnberg

00: 76

00: 116.79 km

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

00000/000: 88 (of 154)

00000/0: 83 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 16(of 21)

0000000: 4:14:22

0000

0000

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	35:49	18:51	17	9:37	94	13:10	1.90	35:49	18:51	17	9:37	94	13:10
Wechsel S -> R	0.26	5:20	20:30	21	3:57	124	4:00	2.16	41:09	19:03	18	13:34	101	17:10
Schwimmen 000	2.16	41:09	19:03	18	13:34	101	17:10	2.16	41:09	19:03	18	13:34	101	17:10
Rad netto	93.00	2:55:12	1:53	16	35:39	74	1:00:37	95.16	3:36:21	2:16	17	45:33	78	1:09:05
Wechsel R -> L	0.13	2:55	22:26	20	2:04	114	2:14	95.29	3:39:16	2:18	17	47:01	78	47:01
Radfahren 000	93.13	2:58:07	1:54	16	37:07	76	37:07	95.29	3:39:16	2:18	17	47:01	78	47:01
Lauf	21.50	1:52:35	5:14	18	33:07	90	34:25	116.79	5:31:51	2:50	16	1:17:29	83	1:19:01