



0000

WALTHER, André

000: 5:32:26

00: SV Aegir 09 Hannover

00: 138

00: 116.79 km

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

00000/000: 89 (of 154)

00000/0: 84 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 19(of 23)

0000000: 4:26:26

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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	35:31	18:41	16	10:55	91	12:52	1.90	35:31	18:41	16	10:55	91	12:52
Wechsel S -> R	0.26	3:55	15:03	18	2:32	90	2:35	2.16	39:26	18:15	18	12:33	88	15:27
Schwimmen 000	2.16	39:26	18:15	18	12:33	88	15:27	2.16	39:26	18:15	18	12:33	88	15:27
Rad netto	93.00	3:00:29	1:56	19	29:45	90	1:05:54	95.16	3:39:55	2:18	17	39:12	87	1:12:39
Wechsel R -> L	0.13	2:26	18:43	21	1:45	101	1:45	95.29	3:42:21	2:20	18	40:33	88	50:06
Radfahren 000	93.13	3:02:55	1:57	19	31:07	89	41:55	95.29	3:42:21	2:20	18	40:33	88	50:06
Lauf	21.50	1:50:05	5:07	19	26:33	84	31:55	116.79	5:32:26	2:50	19	1:06:00	84	1:19:36