



0000

GLAS, Oliver

000: 5:45:01

00: not fast but furious

00: 53

00: 116.79 km

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

00000/000: 108 (of 154)

00000/0: 102 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 21(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	33:35	17:40	14	8:59	68	10:56	1.90	33:35	17:40	14	8:59	68	10:56
Wechsel S -> R	0.26	4:20	16:39	21	2:57	103	3:00	2.16	37:55	17:33	14	11:02	75	13:56
Schwimmen 000	2.16	37:55	17:33	14	11:02	75	13:56	2.16	37:55	17:33	14	11:02	75	13:56
Rad netto	93.00	3:04:13	1:58	22	33:29	106	1:09:38	95.16	3:42:08	2:20	21	41:25	97	1:14:52
Wechsel R -> L	0.13	1:41	12:56	10	1:00	47	1:00	95.29	3:43:49	2:20	19	42:01	92	51:34
Radfahren 000	93.13	3:05:54	1:59	22	34:06	103	44:54	95.29	3:43:49	2:20	19	42:01	92	51:34
Lauf	21.50	2:01:12	5:38	21	37:40	106	43:02	116.79	5:45:01	2:57	21	1:18:35	102	1:32:11