



0000

HORN, Andreas

000: 5:46:19

00: Tri Finisher Berlin

00: 175

00: 116.79 km

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

00000/000: 109 (of 154)

00000/0: 103 (of 137)

000000: 4:12:50

0000:

SEN4 / TM 55

00000: 4(of 7)

0000000: 4:57:41

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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	31:14	16:26	2	4:39	34	8:35	1.90	31:14	16:26	2	4:39	34	8:35
Wechsel S -> R	0.26	3:38	13:58	3	0:45	85	2:18	2.16	34:52	16:08	3	2:59	47	10:53
Schwimmen 000	2.16	34:52	16:08	3	2:59	47	10:53	2.16	34:52	16:08	3	2:59	47	10:53
Rad netto	93.00	2:59:43	1:55	3	17:53	85	1:05:08	95.16	3:34:35	2:15	2	18:30	73	1:07:19
Wechsel R -> L	0.13	3:17	25:15	6	1:35	123	2:36	95.29	3:37:52	2:17	2	19:48	74	45:37
Radfahren 000	93.13	3:03:00	1:57	3	19:11	91	42:00	95.29	3:37:52	2:17	2	19:48	74	45:37
Lauf	21.50	2:08:27	5:58	7	28:50	116	50:17	116.79	5:46:19	2:57	4	48:38	103	1:33:29