



0000

DETTMAR, Holger

000: 5:48:54

00: Hamburg

00: 35

00: 116.79 km

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

00000/000: 114 (of 154)

00000/0: 107 (of 137)

000000: 4:12:50

0000:

00000: 18(of 20)

SEN1 / TM 40

0000000: 4:12:50

0000

0000

000

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	35:26	18:38	16	8:53	89	12:47	1.90	35:26	18:38	16	8:53	89	12:47
Wechsel S -> R	0.26	3:17	12:37	13	1:41	68	1:57	2.16	38:43	17:55	15	10:19	80	14:44
Schwimmen 000	2.16	38:43	17:55	15	10:19	80	14:44	2.16	38:43	17:55	15	10:19	80	14:44
Rad netto	93.00	3:00:18	1:56	15	38:24	89	1:05:43	95.16	3:39:01	2:18	16	46:49	86	1:11:45
Wechsel R -> L	0.13	3:48	29:13	19	3:02	126	3:07	95.29	3:42:49	2:20	16	49:51	90	50:34
Radfahren 000	93.13	3:04:06	1:58	17	41:26	95	43:06	95.29	3:42:49	2:20	16	49:51	90	50:34
Lauf	21.50	2:06:05	5:51	18	46:13	113	47:55	116.79	5:48:54	2:59	18	1:36:04	107	1:36:04