



0000

JOSE, Susanne

000: 6:00:00

00: Bad Aibling

00: 34

00: 116.79 km

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

00000/000: 123 (of 154)

00000/0: 12 (of 17)

000000: 5:01:22

0000:

SEN3 / TW 50

00000: 1(of 2)

0000000: 6:00:00

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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  | 36:55   | 19:25  | 1  | -  | 9  | 8:57  | 1.90   | 36:55   | 19:25  | 1  | -  | 9  | 8:57  |
| Wechsel S -> R | 0.26  | 3:26    | 13:12  | 1  | -  | 7  | 1:30  | 2.16   | 40:21   | 18:40  | 1  | -  | 9  | 10:03 |
| Schwimmen 000  | 2.16  | 40:21   | 18:40  | 1  | -  | 9  | 10:03 | 2.16   | 40:21   | 18:40  | 1  | -  | 9  | 10:03 |
| Rad netto      | 93.00 | 3:14:53 | 2:05   | 1  | -  | 12 | 26:59 | 95.16  | 3:55:14 | 2:28   | 1  | -  | 11 | 32:31 |
| Wechsel R -> L | 0.13  | 2:19    | 17:49  | 1  | -  | 11 | 1:07  | 95.29  | 3:57:33 | 2:29   | 1  | -  | 12 | 33:08 |
| Radfahren 000  | 93.13 | 3:17:12 | 2:07   | 1  | -  | 12 | 27:36 | 95.29  | 3:57:33 | 2:29   | 1  | -  | 12 | 33:08 |
| Lauf           | 21.50 | 2:02:27 | 5:41   | 1  | -  | 13 | 27:45 | 116.79 | 6:00:00 | 3:04   | 1  | -  | 12 | 58:38 |