



0000

STRACHE, Matthias

000: 2:27:29

00: VS Ketzin

00: 301

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 28 (of 233)

00000/0: 28 (of 179)

000000: 2:04:10

0000:

AK4 / TM 35

00000: 7(of 28)

0000000: 2:08:44

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	31:03	20:41	16	9:43	75	10:27	1.50	31:03	20:41	16	9:43	75	10:27
Wechsel S -> R	0.26	2:07	8:08	3	0:31	18	0:42	1.76	33:10	18:50	15	10:14	66	10:21
Schwimmen 000	1.76	33:10	18:50	15	10:14	66	10:21	1.76	33:10	18:50	15	10:14	66	10:21
Rad netto	40.00	1:05:25	1:38	2	1:23	10	4:12	41.76	1:38:35	2:21	4	11:37	19	11:58
Wechsel R -> L	0.13	1:10	8:58	9	0:24	31	0:27	41.89	1:39:45	2:22	4	11:56	19	12:25
Radfahren 000	40.13	1:06:35	1:39	2	1:42	10	4:39	41.89	1:39:45	2:22	4	11:56	19	12:25
Lauf	10.00	47:44	4:46	13	8:40	60	11:12	51.89	2:27:29	2:50	7	18:45	28	23:19