



0000

MONTAG, Andreas

000: 1:16:18

00: Glienicke

00: 858

00: 32.69 km

Jedermann/Sprint (0,7/28/3,6 km)

00000/000: 20 (of 238)

00000/0: 20 (of 171)

000000: 1:08:20

0000:

00000: 3(of 24)

SEN2 / TM 45

0000000: 1:11:42

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 km | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 11:26 | 16:20 | 5 | 1:02 | 24 | 4:19 | 0.70 | 11:26 | 16:20 | 5 | 1:02 | 24 | 4:19 | |
| Wechsel S -> R | 0.26 | 2:03 | 7:53 | 2 | 0:23 | 18 | 0:49 | 0.96 | 13:29 | 14:02 | 3 | 1:10 | 22 | 5:06 | |
| Schwimmen 000 | 0.96 | 13:29 | 14:02 | 3 | 1:10 | 22 | 5:06 | 0.96 | 13:29 | 14:02 | 3 | 1:10 | 22 | 5:06 | |
| Rad netto | 28.00 | 47:55 | 1:42 | 3 | 1:30 | 27 | 47:04 | 28.96 | 1:01:24 | 2:07 | 2 | 2:40 | 16 | 44:58 | |
| Wechsel R -> L | 0.13 | 1:07 | 8:35 | 6 | 0:24 | 64 | 0:31 | 29.09 | 1:02:31 | 2:08 | 2 | 3:04 | 17 | 5:25 | |
| Radfahren 000 | 28.13 | 49:02 | 1:44 | 3 | 1:54 | 25 | 3:32 | 29.09 | 1:02:31 | 2:08 | 2 | 3:04 | 17 | 5:25 | |
| Lauf | 3.60 | 13:47 | 3:49 | 5 | 1:32 | 39 | 2:33 | 32.69 | 1:16:18 | 2:20 | 3 | 4:36 | 20 | 7:58 | |