



0000

BODORA, Thomas

000: 1:17:17

00: Berlin

00: 895

00: 32.69 km

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

00000/000: 24 (of 238)

00000/0: 24 (of 171)

000000: 1:08:20

0000:

SEN3 / TM 50

00000: 5(of 20)

0000000: 1:12:01

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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	0.70	12:01	17:10	6	1:56	34	4:54	0.70	12:01	17:10	6	1:56	34	4:54
Wechsel S -> R	0.26	2:03	7:53	3	0:16	18	0:49	0.96	14:04	14:39	5	1:43	26	5:41
Schwimmen 000	0.96	14:04	14:39	5	1:43	26	5:41	0.96	14:04	14:39	5	1:43	26	5:41
Rad netto	28.00	48:03	1:42	8	2:02	31	47:12	28.96	1:02:07	2:08	6	3:14	22	45:41
Wechsel R -> L	0.13	1:10	8:58	11	0:22	71	0:34	29.09	1:03:17	2:10	6	3:35	21	6:11
Radfahren 000	28.13	49:13	1:44	8	2:23	30	3:43	29.09	1:03:17	2:10	6	3:35	21	6:11
Lauf	3.60	14:00	3:53	5	1:41	46	2:46	32.69	1:17:17	2:21	5	5:16	24	8:57