



0000

SCHLUTTER, Karsten

000: 1:18:37

00: Gransee

00: 629

00: 32.69 km

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

00000/000: 31 (of 238)

00000/0: 31 (of 171)

000000: 1:08:20

0000:

00000: 1(of 13)

SEN4 / TM 55

0000000: 1:18:37

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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 | 0.70  | 13:02 | 18:37  | 4  | 1:10 | 73  | 5:55  | 0.70  | 13:02   | 18:37  | 4  | 1:10 | 73 | 5:55  |
| Wechsel S -> R | 0.26  | 2:10  | 8:19   | 2  | 0:08 | 24  | 0:56  | 0.96  | 15:12   | 15:50  | 3  | 0:56 | 58 | 6:49  |
| Schwimmen 000  | 0.96  | 15:12 | 15:50  | 3  | 0:56 | 58  | 6:49  | 0.96  | 15:12   | 15:50  | 3  | 0:56 | 58 | 6:49  |
| Rad netto      | 28.00 | 47:40 | 1:42   | 2  | 0:01 | 22  | 46:49 | 28.96 | 1:02:52 | 2:10   | 2  | 0:11 | 34 | 46:26 |
| Wechsel R -> L | 0.13  | 1:31  | 11:39  | 8  | 0:55 | 119 | 0:55  | 29.09 | 1:04:23 | 2:12   | 2  | 0:37 | 35 | 7:17  |
| Radfahren 000  | 28.13 | 49:11 | 1:44   | 2  | 0:22 | 29  | 3:41  | 29.09 | 1:04:23 | 2:12   | 2  | 0:37 | 35 | 7:17  |
| Lauf           | 3.60  | 14:14 | 3:57   | 3  | 1:10 | 49  | 3:00  | 32.69 | 1:18:37 | 2:24   | 1  | -    | 31 | 10:17 |