



0000

KOCH, Steven

000: 2:28:18

00: SV Berolina e.V.

00: 497

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 32 (of 233)

00000/0: 32 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 5(of 23)

0000000: 2:04:10

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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	1.50	21:05	14:03	1	-	2	0:29	1.50	21:05	14:03	1	-	2	0:29	
Wechsel S -> R	0.26	2:35	9:56	6	1:10	47	1:10	1.76	23:40	13:26	1	-	3	0:51	
Schwimmen 000	1.76	23:40	13:26	1	-	3	0:51	1.76	23:40	13:26	1	-	3	0:51	
Rad netto	40.00	1:14:31	1:51	10	13:18	95	13:18	41.76	1:38:11	2:21	4	11:34	18	11:34	
Wechsel R -> L	0.13	0:56	7:10	5	0:13	14	0:13	41.89	1:39:07	2:21	4	11:47	17	11:47	
Radfahren 000	40.13	1:15:27	1:52	9	13:31	88	13:31	41.89	1:39:07	2:21	4	11:47	17	11:47	
Lauf	10.00	49:11	4:55	7	12:21	80	12:39	51.89	2:28:18	2:51	5	24:08	32	24:08	