



0000

HELLWIG, Mirko

000: 1:19:54

00: Team Hellwig

00: 820

00: 32.69 km

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

00000/000: 43 (of 238)

00000/0: 43 (of 171)

000000: 1:08:20

0000:

00000: 6(of 25)

SEN1 / TM 40

0000000: 1:13:30

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	0.70	12:54	18:25	8	2:41	65	5:47	0.70	12:54	18:25	8	2:41	65	5:47
Wechsel S -> R	0.26	2:10	8:19	3	0:16	24	0:56	0.96	15:04	15:41	4	2:39	52	6:41
Schwimmen 000	0.96	15:04	15:41	4	2:39	52	6:41	0.96	15:04	15:41	4	2:39	52	6:41
Rad netto	28.00	49:15	1:45	6	48:24	44	48:24	28.96	1:04:19	2:13	6	47:53	42	47:53
Wechsel R -> L	0.13	1:15	9:36	11	0:23	89	0:39	29.09	1:05:34	2:15	5	5:32	42	8:28
Radfahren 000	28.13	50:30	1:47	5	2:53	43	5:00	29.09	1:05:34	2:15	5	5:32	42	8:28
Lauf	3.60	14:20	3:58	6	0:58	50	3:06	32.69	1:19:54	2:26	6	6:24	43	11:34