



STI

STOKLOSA, Alexander

Time: 1:21:38

City: Berlin

Age: 687

Distance: 32.69 km

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

Participants: 53 (of 238)

Participants: 52 (of 171)

Time: 1:08:20

Category:

AK1 / TM 20

Participants: 4 (of 6)

Time: 1:17:46

STI

STI

STI

STI	km	min	min/km	-	-	STI	STI	km	min	min/km	-	-	STI	STI
Schwimmen nett	0.70	15:22	21:57	6	3:24	116	8:15	0.70	15:22	21:57	6	3:24	116	8:15
Wechsel S -> R	0.26	2:36	10:00	3	0:24	60	1:22	0.96	17:58	18:42	5	3:25	98	9:35
Schwimmen STI	0.96	17:58	18:42	5	3:25	98	9:35	0.96	17:58	18:42	5	3:25	98	9:35
Rad netto	28.00	50:03	1:47	2	2:11	49	49:12	28.96	1:08:01	2:20	4	5:00	67	51:35
Wechsel R -> L	0.13	0:42	5:23	1	-	4	0:06	29.09	1:08:43	2:21	4	4:54	63	11:37
Radfahren STI	28.13	50:45	1:48	2	2:05	45	5:15	29.09	1:08:43	2:21	4	4:54	63	11:37
Lauf	3.60	12:55	3:35	2	0:40	16	1:41	32.69	1:21:38	2:29	4	3:52	52	13:18