



0000

KIRCHHOF, Benjamin

000: 2:28:50

00: Berlin

00: 381

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 33 (of 233)

00000/0: 33 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 6(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 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	32:14	21:29	12	11:09	91	11:38	1.50	32:14	21:29	12	11:09	91	11:38
Wechsel S -> R	0.26	2:35	9:56	6	1:10	47	1:10	1.76	34:49	19:46	10	11:09	81	12:00
Schwimmen 000	1.76	34:49	19:46	10	11:09	81	12:00	1.76	34:49	19:46	10	11:09	81	12:00
Rad netto	40.00	1:09:54	1:44	5	8:41	32	8:41	41.76	1:44:43	2:30	7	18:06	60	18:06
Wechsel R -> L	0.13	1:03	8:04	6	0:20	21	0:20	41.89	1:45:46	2:31	7	18:26	56	18:26
Radfahren 000	40.13	1:10:57	1:46	5	9:01	29	9:01	41.89	1:45:46	2:31	7	18:26	56	18:26
Lauf	10.00	43:04	4:18	4	6:14	23	6:32	51.89	2:28:50	2:52	6	24:40	33	24:40