



0000

DOWN, Jonathan

000: 2:28:54

00: Tri Team Berlin

00: 321

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 34 (of 233)

00000/0: 34 (of 179)

000000: 2:04:10

0000:

AK4 / TM 35

00000: 9(of 28)

0000000: 2:08:44

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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	1.50	26:12	17:27	8	4:52	21	5:36	1.50	26:12	17:27	8	4:52	21	5:36
Wechsel S -> R	0.26	2:55	11:13	13	1:19	69	1:30	1.76	29:07	16:32	7	6:11	23	6:18
Schwimmen 000	1.76	29:07	16:32	7	6:11	23	6:18	1.76	29:07	16:32	7	6:11	23	6:18
Rad netto	40.00	1:15:02	1:52	21	11:00	99	13:49	41.76	1:44:09	2:29	14	17:11	53	17:32
Wechsel R -> L	0.13	1:17	9:52	10	0:31	50	0:34	41.89	1:45:26	2:31	13	17:37	51	18:06
Radfahren 000	40.13	1:16:19	1:54	20	11:26	95	14:23	41.89	1:45:26	2:31	13	17:37	51	18:06
Lauf	10.00	43:28	4:20	7	4:24	25	6:56	51.89	2:28:54	2:52	9	20:10	34	24:44