



0000

PTC-BERLIN II

000: 1:26:07

00: PTC-BERLIN II

00: 943

00: 32.69 km

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

00000/000: 9 (of 26)

00000/000: 9 (of 26)

000000: 1:13:14

0000:

Staffel Sprint

00000: 9(of 26)

0000000: 1:13:14

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	12:42	18:08	8	2:06	8	2:06	0.70	12:42	18:08	8	2:06	8	2:06
Wechsel S -> R	0.26	1:38	6:16	13	0:31	13	0:31	0.96	14:20	14:55	7	2:35	7	2:35
Schwimmen 000	0.96	14:20	14:55	7	2:35	7	2:35	0.96	14:20	14:55	7	2:35	7	2:35
Rad netto	28.00	54:10	1:56	12	7:12	12	7:12	28.96	1:08:30	2:21	10	9:08	10	9:08
Wechsel R -> L	0.13	0:51	6:32	16	0:16	16	0:16	29.09	1:09:21	2:23	9	9:18	9	9:18
Radfahren 000	28.13	55:01	1:57	12	7:23	12	7:23	29.09	1:09:21	2:23	9	9:18	9	9:18
Lauf	3.60	16:46	4:39	15	4:37	15	4:37	32.69	1:26:07	2:38	9	12:53	9	12:53