



0000

THÜMLER, Jan

000: 1:30:07

00: Al Titan Team Berlin

00: 621

00: 32.69 km

00000/000: 109 (of 238)

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

00000/0: 93 (of 171)

000000: 1:08:20

0000:

00000: 14(of 24)

SEN2 / TM 45

0000000: 1:11:42

0000

0000

000

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	0.70	15:05	21:32	17	4:41	110	7:58	0.70	15:05	21:32	17	4:41	110	7:58
Wechsel S -> R	0.26	2:23	9:09	6	0:43	45	1:09	0.96	17:28	18:11	14	5:09	87	9:05
Schwimmen 000	0.96	17:28	18:11	14	5:09	87	9:05	0.96	17:28	18:11	14	5:09	87	9:05
Rad netto	28.00	56:23	2:00	18	9:58	114	55:32	28.96	1:13:51	2:33	15	15:07	106	57:25
Wechsel R -> L	0.13	1:25	10:53	14	0:42	111	0:49	29.09	1:15:16	2:35	15	15:49	108	18:10
Radfahren 000	28.13	57:48	2:03	16	10:40	111	12:18	29.09	1:15:16	2:35	15	15:49	108	18:10
Lauf	3.60	14:51	4:07	8	2:36	63	3:37	32.69	1:30:07	2:45	14	18:25	93	21:47