



0000

KNOEFEL, Jan

000: 2:29:42

00: Berlin

00: 483

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 38 (of 233)

00000/0: 38 (of 179)

000000: 2:04:10

0000:

AK2 / TM 25

00000: 6(of 16)

0000000: 2:15:07

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	28:33	19:02	7	4:03	43	7:57	1.50	28:33	19:02	7	4:03	43	7:57
Wechsel S -> R	0.26	3:08	12:03	9	1:31	86	1:43	1.76	31:41	18:00	7	4:18	45	8:52
Schwimmen 000	1.76	31:41	18:00	7	4:18	45	8:52	1.76	31:41	18:00	7	4:18	45	8:52
Rad netto	40.00	1:08:10	1:42	3	5:33	22	6:57	41.76	1:39:51	2:23	6	9:05	30	13:14
Wechsel R -> L	0.13	1:25	10:53	6	0:38	66	0:42	41.89	1:41:16	2:25	6	9:43	31	13:56
Radfahren 000	40.13	1:09:35	1:44	4	6:11	23	7:39	41.89	1:41:16	2:25	6	9:43	31	13:56
Lauf	10.00	48:26	4:50	10	9:33	68	11:54	51.89	2:29:42	2:53	6	14:35	38	25:32