



0000

JENSCH, Carsten

000: 1:30:33

00: BSG Spielbank Berlin

00: 647

00: 32.69 km

00000/000: 111 (of 238)

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

00000/0: 95 (of 171)

000000: 1:08:20

0000:

00000: 21(of 32)

AK4 / TM 35

0000000: 1:12:09

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000

| 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 | 0.70 | 15:43 | 22:27 | 24 | 6:02 | 123 | 8:36 | 0.70 | 15:43 | 22:27 | 24 | 6:02 | 123 | 8:36 |
| Wechsel S -> R | 0.26 | 2:56 | 11:16 | 16 | 1:16 | 82 | 1:42 | 0.96 | 18:39 | 19:25 | 21 | 6:19 | 110 | 10:16 |
| Schwimmen 000 | 0.96 | 18:39 | 19:25 | 21 | 6:19 | 110 | 10:16 | 0.96 | 18:39 | 19:25 | 21 | 6:19 | 110 | 10:16 |
| Rad netto | 28.00 | 54:26 | 1:56 | 21 | 9:50 | 93 | 53:35 | 28.96 | 1:13:05 | 2:31 | 23 | 14:08 | 101 | 56:39 |
| Wechsel R -> L | 0.13 | 1:23 | 10:38 | 17 | 0:36 | 106 | 0:47 | 29.09 | 1:14:28 | 2:33 | 24 | 14:32 | 100 | 17:22 |
| Radfahren 000 | 28.13 | 55:49 | 1:59 | 22 | 10:13 | 95 | 10:19 | 29.09 | 1:14:28 | 2:33 | 24 | 14:32 | 100 | 17:22 |
| Lauf | 3.60 | 16:05 | 4:28 | 21 | 3:53 | 99 | 4:51 | 32.69 | 1:30:33 | 2:46 | 21 | 18:24 | 95 | 22:13 |