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FRIEBEL, Kevin

000: 1:30:45

00: Berlin Strength

00: 760

00: 32.69 km

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

00000/000: 114 (of 238)

00000/0: 97 (of 171)

000000: 1:08:20

0000:

AK2 / TM 25

00000: 7(of 13)

0000000: 1:10:09

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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	0.70	16:27	23:30	7	5:48	138	9:20	0.70	16:27	23:30	7	5:48	138	9:20
Wechsel S -> R	0.26	3:36	13:50	8	1:59	122	2:22	0.96	20:03	20:53	7	7:47	132	11:40
Schwimmen 000	0.96	20:03	20:53	7	7:47	132	11:40	0.96	20:03	20:53	7	7:47	132	11:40
Rad netto	28.00	54:13	1:56	6	9:23	91	53:22	28.96	1:14:16	2:33	7	17:10	110	57:50
Wechsel R -> L	0.13	1:30	11:32	10	0:50	117	0:54	29.09	1:15:46	2:36	7	18:00	113	18:40
Radfahren 000	28.13	55:43	1:58	6	10:13	94	10:13	29.09	1:15:46	2:36	7	18:00	113	18:40
Lauf	3.60	14:59	4:09	7	2:58	69	3:45	32.69	1:30:45	2:46	7	20:36	97	22:25