



0000

TESSENDORF, Patrick

000: 1:30:33

00: Berlin

00: 856

00: 32.69 km

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

00000/000: 112 (of 238)

00000/0: 95 (of 171)

000000: 1:08:20

0000:

AK4 / TM 35

00000: 21(of 32)

0000000: 1:12:09

0000

0000

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	15:01	21:27	22	5:20	106	7:54	0.70	15:01	21:27	22	5:20	106	7:54
Wechsel S -> R	0.26	4:39	17:53	28	2:59	147	3:25	0.96	19:40	20:29	25	7:20	127	11:17
Schwimmen 000	0.96	19:40	20:29	25	7:20	127	11:17	0.96	19:40	20:29	25	7:20	127	11:17
Rad netto	28.00	52:56	1:53	13	8:20	78	52:05	28.96	1:12:36	2:30	19	13:39	94	56:10
Wechsel R -> L	0.13	1:36	12:18	24	0:49	126	1:00	29.09	1:14:12	2:33	23	14:16	97	17:06
Radfahren 000	28.13	54:32	1:56	15	8:56	81	9:02	29.09	1:14:12	2:33	23	14:16	97	17:06
Lauf	3.60	16:21	4:32	23	4:09	106	5:07	32.69	1:30:33	2:46	21	18:24	95	22:13