



0000

Power Intensiv 9i /2

000: 1:28:49

00: Power Intensiv 9i /2

00: 924

00: 32.69 km

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

00000/000: 12 (of 26)

00000/000: 12 (of 26)

000000: 1:13:14

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00000: 12(of 26)

Staffel Sprint

0000000: 1:13:14

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	17:19	24:44	20	6:43	20	6:43	0.70	17:19	24:44	20	6:43	20	6:43
Wechsel S -> R	0.26	2:19	8:54	21	1:12	21	1:12	0.96	19:38	20:27	21	7:53	21	7:53
Schwimmen 000	0.96	19:38	20:27	21	7:53	21	7:53	0.96	19:38	20:27	21	7:53	21	7:53
Rad netto	28.00	53:14	1:54	7	6:16	7	6:16	28.96	1:12:52	2:30	12	13:30	12	13:30
Wechsel R -> L	0.13	0:40	5:07	6	0:05	6	0:05	29.09	1:13:32	2:31	12	13:29	12	13:29
Radfahren 000	28.13	53:54	1:54	7	6:16	7	6:16	29.09	1:13:32	2:31	12	13:29	12	13:29
Lauf	3.60	15:17	4:14	10	3:08	10	3:08	32.69	1:28:49	2:43	12	15:35	12	15:35