



0000

MIR-SALIM, Parwis

000: 1:32:58

00: Berlin

00: 626

00: 32.69 km

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

00000/000: 130 (of 238)

00000/0: 112 (of 171)

000000: 1:08:20

0000:

00000: 7(of 13)

SEN4 / TM 55

0000000: 1:18:37

0000

0000

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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	14:54	21:17	8	3:02	104	7:47	0.70	14:54	21:17	8	3:02	104	7:47
Wechsel S -> R	0.26	3:01	11:36	6	0:59	89	1:47	0.96	17:55	18:39	6	3:39	96	9:32
Schwimmen 000	0.96	17:55	18:39	6	3:39	96	9:32	0.96	17:55	18:39	6	3:39	96	9:32
Rad netto	28.00	56:31	2:01	8	8:52	116	55:40	28.96	1:14:26	2:34	8	11:45	112	58:00
Wechsel R -> L	0.13	1:10	8:58	3	0:34	71	0:34	29.09	1:15:36	2:35	8	11:50	110	18:30
Radfahren 000	28.13	57:41	2:03	8	8:52	109	12:11	29.09	1:15:36	2:35	8	11:50	110	18:30
Lauf	3.60	17:22	4:49	9	4:18	133	6:08	32.69	1:32:58	2:50	7	14:21	112	24:38