



0000

## Standring Allstars

000: 1:31:39

00: Standring Allstars

00: 925

00: 32.69 km

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

00000/000: 14 (of 26)

00000/000: 14 (of 26)

000000: 1:13:14

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00000: 14(of 26)

Staffel Sprint

0000000: 1:13:14

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	0.70	13:00	18:34	10	2:24	10	2:24	0.70	13:00	18:34	10	2:24	10	2:24
Wechsel S -> R	0.26	1:54	7:18	18	0:47	18	0:47	0.96	14:54	15:31	11	3:09	11	3:09
Schwimmen 000	0.96	14:54	15:31	11	3:09	11	3:09	0.96	14:54	15:31	11	3:09	11	3:09
Rad netto	28.00	58:15	2:04	16	11:17	16	11:17	28.96	1:13:09	2:31	13	13:47	13	13:47
Wechsel R -> L	0.13	3:24	26:09	23	2:49	23	2:49	29.09	1:16:33	2:37	15	16:30	15	16:30
Radfahren 000	28.13	1:01:39	2:11	17	14:01	17	14:01	29.09	1:16:33	2:37	15	16:30	15	16:30
Lauf	3.60	15:06	4:11	9	2:57	9	2:57	32.69	1:31:39	2:48	14	18:25	14	18:25