



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

0000:

00000: 14(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  | 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 |