



0000

KOCH, Nadine

000: 1:35:01

00: Athletic Park

00: 738

Enduro U13

00000/000: 142 (of 238)

00000/0: 19 (of 67)

000000: 1:21:00

0000:

00000: 3(of 10)

SEN1 / TW 40

0000000: 1:26:30

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	15:31	22:10	7	2:44	32	5:43	0.70	15:31	22:10	7	2:44	32	5:43
Wechsel S -> R	0.26	2:44	10:30	2	0:23	12	0:45	0.96	18:15	19:00	3	2:03	21	6:24
Schwimmen 000	0.96	18:15	19:00	3	2:03	21	6:24	0.96	18:15	19:00	3	2:03	21	6:24
Rad netto	28.00	59:12	2:06	5	6:35	28	7:22	28.96	1:17:27	2:40	3	8:38	21	12:24
Wechsel R -> L	0.13	0:48	6:09	1	-	2	0:07	29.09	1:18:15	2:41	3	7:20	20	12:20
Radfahren 000	28.13	1:00:00	2:07	3	5:17	25	6:41	29.09	1:18:15	2:41	3	7:20	20	12:20
Lauf	3.60	16:46	4:39	3	2:42	22	3:05	-	1:35:01	-	3	8:31	19	14:01