



0000

NOKEL, Christian

000: 2:31:11

00: Teamwork Berlin

00: 559

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 44 (of 233)

00000/0: 43 (of 179)

000000: 2:04:10

0000:

SEN3 / TM 50

00000: 3(of 22)

0000000: 2:27:52

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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	1.50	30:04	20:02	7	3:45	59	9:28	1.50	30:04	20:02	7	3:45	59	9:28
Wechsel S -> R	0.26	2:04	7:56	2	0:12	16	0:39	1.76	32:08	18:15	5	3:54	51	9:19
Schwimmen 000	1.76	32:08	18:15	5	3:54	51	9:19	1.76	32:08	18:15	5	3:54	51	9:19
Rad netto	40.00	1:05:13	1:37	1	-	9	4:00	41.76	1:37:21	2:19	1	-	14	10:44
Wechsel R -> L	0.13	1:15	9:36	4	0:17	46	0:32	41.89	1:38:36	2:21	1	-	14	11:16
Radfahren 000	40.13	1:06:28	1:39	1	-	9	4:32	41.89	1:38:36	2:21	1	-	14	11:16
Lauf	10.00	52:35	5:15	14	11:07	112	16:03	51.89	2:31:11	2:54	3	3:19	43	27:01