



0000

Stadler Staffel Ewers

000: 1:36:44

00: Stadler Staffel Ewers

00: 944

00: 32.69 km

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

00000/000: 19 (of 26)

00000/000: 19 (of 26)

000000: 1:13:14

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Staffel Sprint

00000: 19(of 26)

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	17:41	25:15	22	7:05	22	7:05	0.70	17:41	25:15	22	7:05	22	7:05
Wechsel S -> R	0.26	4:34	17:33	24	3:27	24	3:27	0.96	22:15	23:10	24	10:30	24	10:30
Schwimmen 000	0.96	22:15	23:10	24	10:30	24	10:30	0.96	22:15	23:10	24	10:30	24	10:30
Rad netto	28.00	55:51	1:59	14	8:53	14	8:53	28.96	1:18:06	2:41	17	18:44	17	18:44
Wechsel R -> L	0.13	1:24	10:46	21	0:49	21	0:49	29.09	1:19:30	2:43	17	19:27	17	19:27
Radfahren 000	28.13	57:15	2:02	14	9:37	14	9:37	29.09	1:19:30	2:43	17	19:27	17	19:27
Lauf	3.60	17:14	4:47	17	5:05	17	5:05	32.69	1:36:44	2:57	19	23:30	19	23:30