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BLATTNER, Anna

000: 1:38:27

00: Berlin Strength

00: 759

00: 32.69 km

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

00000/000: 167 (of 238)

00000/0: 32 (of 67)

000000: 1:21:00

0000:

AK3 / TW 30

00000: 9(of 11)

0000000: 1:21:00

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	15:39	22:21	8	5:51	35	5:51	0.70	15:39	22:21	8	5:51	35	5:51
Wechsel S -> R	0.26	3:13	12:22	6	1:10	26	1:14	0.96	18:52	19:39	7	7:01	25	7:01
Schwimmen 000	0.96	18:52	19:39	7	7:01	25	7:01	0.96	18:52	19:39	7	7:01	25	7:01
Rad netto	28.00	1:00:46	2:10	9	8:14	32	8:56	28.96	1:19:38	2:44	9	14:35	31	14:35
Wechsel R -> L	0.13	0:59	7:33	2	0:07	9	0:18	29.09	1:20:37	2:46	9	14:42	32	14:42
Radfahren 000	28.13	1:01:45	2:11	8	7:59	32	8:26	29.09	1:20:37	2:46	9	14:42	32	14:42
Lauf	3.60	17:50	4:57	9	3:47	36	4:09	32.69	1:38:27	3:00	9	17:27	32	17:27