



0000

SCHULZ, Thomas

000: 1:42:00

00: SV Hammer 89

00: 882

00: 32.69 km

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

00000/000: 182 (of 238)

00000/0: 145 (of 171)

000000: 1:08:20

0000:

00000: 23(of 25)

SEN1 / TM 40

0000000: 1:13:30

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	15:41	22:24	21	5:28	122	8:34	0.70	15:41	22:24	21	5:28	122	8:34
Wechsel S -> R	0.26	6:17	24:09	23	4:23	160	5:03	0.96	21:58	22:52	23	9:33	153	13:35
Schwimmen 000	0.96	21:58	22:52	23	9:33	153	13:35	0.96	21:58	22:52	23	9:33	153	13:35
Rad netto	28.00	1:03:05	2:15	24	1:02:14	149	1:02:14	28.96	1:25:03	2:56	24	1:08:37	151	1:08:37
Wechsel R -> L	0.13	1:13	9:21	10	0:21	83	0:37	29.09	1:26:16	2:57	23	26:14	153	29:10
Radfahren 000	28.13	1:04:18	2:17	24	16:41	152	18:48	29.09	1:26:16	2:57	23	26:14	153	29:10
Lauf	3.60	15:44	4:22	14	2:22	90	4:30	32.69	1:42:00	3:07	23	28:30	146	33:40