



0000

KAMIN, Friedhelm

000: 1:43:54

00: Erkner

00: 745

00: 32.69 km

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

00000/000: 188 (of 238)

00000/0: 148 (of 171)

000000: 1:08:20

0000:

SEN6 / TM 65

00000: 2(of 3)

0000000: 1:21:38

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	14:38	20:54	2	2:13	99	7:31	0.70	14:38	20:54	2	2:13	99	7:31
Wechsel S -> R	0.26	7:25	28:31	3	4:17	167	6:11	0.96	22:03	22:58	2	6:30	154	13:40
Schwimmen 000	0.96	22:03	22:58	2	6:30	154	13:40	0.96	22:03	22:58	2	6:30	154	13:40
Rad netto	28.00	58:53	2:06	2	7:07	131	58:02	28.96	1:20:56	2:47	2	13:37	142	1:04:30
Wechsel R -> L	0.13	2:33	19:36	3	1:34	156	1:57	29.09	1:23:29	2:52	2	15:11	149	26:23
Radfahren 000	28.13	1:01:26	2:11	2	8:41	142	15:56	29.09	1:23:29	2:52	2	15:11	149	26:23
Lauf	3.60	20:25	5:40	2	7:05	155	9:11	32.69	1:43:54	3:10	2	22:16	149	35:34