



0000

ZEUN, Ricardo

000: 1:45:11

00: Berlin

00: 807

00: 32.69 km

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

00000/000: 192 (of 238)

00000/0: 149 (of 171)

000000: 1:08:20

0000:

AK2 / TM 25

00000: 9(of 13)

0000000: 1:10:09

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	16:41	23:50	9	6:02	144	9:34	0.70	16:41	23:50	9	6:02	144	9:34
Wechsel S -> R	0.26	3:34	13:43	7	1:57	119	2:20	0.96	20:15	21:05	9	7:59	135	11:52
Schwimmen 000	0.96	20:15	21:05	9	7:59	135	11:52	0.96	20:15	21:05	9	7:59	135	11:52
Rad netto	28.00	1:05:57	2:21	9	21:07	154	1:05:06	28.96	1:26:12	2:58	9	29:06	152	1:09:46
Wechsel R -> L	0.13	1:12	9:13	6	0:32	79	0:36	29.09	1:27:24	3:00	9	29:38	155	30:18
Radfahren 000	28.13	1:07:09	2:23	9	21:39	157	21:39	29.09	1:27:24	3:00	9	29:38	155	30:18
Lauf	3.60	17:47	4:56	10	5:46	138	6:33	32.69	1:45:11	3:13	9	35:02	150	36:51