



0000

MEWES, Nils

000: 2:31:58

00: MDE

00: 295

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 49 (of 233)

00000/0: 48 (of 179)

000000: 2:04:10

0000:

AK1 / TM 20

00000: 4(of 6)

0000000: 2:08:10

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	30:14	20:09	4	9:38	63	9:38	1.50	30:14	20:09	4	9:38	63	9:38
Wechsel S -> R	0.26	2:37	10:03	4	0:40	54	1:12	1.76	32:51	18:39	4	10:02	64	10:02
Schwimmen 000	1.76	32:51	18:39	4	10:02	64	10:02	1.76	32:51	18:39	4	10:02	64	10:02
Rad netto	40.00	1:12:15	1:48	3	8:44	67	11:02	41.76	1:45:06	2:31	4	14:23	63	18:29
Wechsel R -> L	0.13	1:26	11:01	5	0:31	68	0:43	41.89	1:46:32	2:32	4	14:54	64	19:12
Radfahren 000	40.13	1:13:41	1:50	3	9:15	63	11:45	41.89	1:46:32	2:32	4	14:54	64	19:12
Lauf	10.00	45:26	4:32	5	8:54	41	8:54	51.89	2:31:58	2:55	4	23:48	48	27:48