



0000

TELSCHOW, Benjamin

000: 2:31:58

00: Berlin

00: 325

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 50 (of 233)

00000/0: 48 (of 179)

000000: 2:04:10

0000:

AK4 / TM 35

00000: 13(of 28)

0000000: 2:08:44

0000

0000

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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	1.50	25:58	17:18	6	4:38	18	5:22	1.50	25:58	17:18	6	4:38	18	5:22
Wechsel S -> R	0.26	3:35	13:46	21	1:59	115	2:10	1.76	29:33	16:47	8	6:37	26	6:44
Schwimmen 000	1.76	29:33	16:47	8	6:37	26	6:44	1.76	29:33	16:47	8	6:37	26	6:44
Rad netto	40.00	1:12:17	1:48	15	8:15	68	11:04	41.76	1:41:50	2:26	10	14:52	39	15:13
Wechsel R -> L	0.13	1:07	8:35	7	0:21	26	0:24	41.89	1:42:57	2:27	8	15:08	36	15:37
Radfahren 000	40.13	1:13:24	1:49	14	8:31	60	11:28	41.89	1:42:57	2:27	8	15:08	36	15:37
Lauf	10.00	49:01	4:54	18	9:57	77	12:29	51.89	2:31:58	2:55	13	23:14	48	27:48