



0000

PFEIFER, Henrik

000: 1:54:00

00: Berlin

00: 884

00: 32.69 km

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

00000/000: 217 (of 238)

00000/0: 157 (of 171)

000000: 1:08:20

0000:

00000: 24(of 24)

SEN2 / TM 45

0000000: 1:11:42

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	19:44	28:11	24	9:20	162	12:37	0.70	19:44	28:11	24	9:20	162	12:37
Wechsel S -> R	0.26	4:19	16:36	20	2:39	144	3:05	0.96	24:03	25:03	24	11:44	160	15:40
Schwimmen 000	0.96	24:03	25:03	24	11:44	160	15:40	0.96	24:03	25:03	24	11:44	160	15:40
Rad netto	28.00	1:06:13	2:21	24	19:48	156	1:05:22	28.96	1:30:16	3:07	24	31:32	156	1:13:50
Wechsel R -> L	0.13	0:57	7:18	3	0:14	39	0:21	29.09	1:31:13	3:08	24	31:46	159	34:07
Radfahren 000	28.13	1:07:10	2:23	23	20:02	158	21:40	29.09	1:31:13	3:08	24	31:46	159	34:07
Lauf	3.60	22:47	6:19	24	10:32	162	11:33	32.69	1:54:00	3:29	24	42:18	158	45:40