



0000

DIENER, Robert

000: 2:32:09

00: SMRC

00: 492

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 53 (of 233)

00000/0: 52 (of 179)

000000: 2:04:10

0000:

00000: 14(of 28)

AK4 / TM 35

0000000: 2:08:44

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	1.50	32:15	21:30	18	10:55	92	11:39	1.50	32:15	21:30	18	10:55	92	11:39
Wechsel S -> R	0.26	3:05	11:51	15	1:29	82	1:40	1.76	35:20	20:04	17	12:24	86	12:31
Schwimmen 000	1.76	35:20	20:04	17	12:24	86	12:31	1.76	35:20	20:04	17	12:24	86	12:31
Rad netto	40.00	1:13:50	1:50	19	9:48	87	12:37	41.76	1:49:10	2:36	18	22:12	83	22:33
Wechsel R -> L	0.13	1:19	10:07	11	0:33	57	0:36	41.89	1:50:29	2:38	18	22:40	82	23:09
Radfahren 000	40.13	1:15:09	1:52	18	10:16	83	13:13	41.89	1:50:29	2:38	18	22:40	82	23:09
Lauf	10.00	41:40	4:09	5	2:36	13	5:08	51.89	2:32:09	2:55	14	23:25	52	27:59