



0000

## Physiotriathletix

000: 2:30:01

00: Physiotriathletix

00: 570

00: 51.89 km

Olympisch Staffel (1,5/40/10 km)

00000/000: 10 (of 30)

00000/000: 10 (of 30)

000000: 2:07:53

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00000: 10(of 30)

Staffel

0000000: 2:07:53

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	1.50	32:50	21:53	21	9:59	21	9:59	1.50	32:50	21:53	21	9:59	21	9:59
Wechsel S -> R	0.26	1:09	4:25	5	0:07	5	0:07	1.76	33:59	19:18	19	9:48	19	9:48
Schwimmen 000	1.76	33:59	19:18	19	9:48	19	9:48	1.76	33:59	19:18	19	9:48	19	9:48
Rad netto	40.00	1:07:40	1:41	9	6:42	9	6:42	41.76	1:41:39	2:26	13	15:57	13	15:57
Wechsel R -> L	0.13	0:39	5:00	3	0:08	3	0:08	41.89	1:42:18	2:26	13	15:47	13	15:47
Radfahren 000	40.13	1:08:19	1:42	9	6:32	9	6:32	41.89	1:42:18	2:26	13	15:47	13	15:47
Lauf	10.00	47:43	4:46	10	9:37	10	9:37	51.89	2:30:01	2:53	10	22:08	10	22:08