



0000

KUBA, Thomas

000: 2:33:30

00: Team LDS

00: 349

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 56 (of 233)

00000/0: 55 (of 179)

000000: 2:04:10

0000:

SEN1 / TM 40

00000: 8(of 27)

0000000: 2:23:25

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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	30:36	20:24	11	3:06	69	10:00	1.50	30:36	20:24	11	3:06	69	10:00
Wechsel S -> R	0.26	3:01	11:36	16	1:08	75	1:36	1.76	33:37	19:06	12	3:24	70	10:48
Schwimmen 000	1.76	33:37	19:06	12	3:24	70	10:48	1.76	33:37	19:06	12	3:24	70	10:48
Rad netto	40.00	1:11:10	1:46	6	6:02	52	9:57	41.76	1:44:47	2:30	10	7:59	61	18:10
Wechsel R -> L	0.13	1:40	12:49	15	0:46	104	0:57	41.89	1:46:27	2:32	10	8:22	62	19:07
Radfahren 000	40.13	1:12:50	1:48	7	6:40	53	10:54	41.89	1:46:27	2:32	10	8:22	62	19:07
Lauf	10.00	47:03	4:42	7	5:32	49	10:31	51.89	2:33:30	2:57	8	10:05	55	29:20