



0000

HARTZ, Steffen

000: 2:34:07

00: Laktat³

00: 555

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 58 (of 233)

00000/0: 57 (of 179)

000000: 2:04:10

0000:

AK4 / TM 35

00000: 16(of 28)

0000000: 2:08:44

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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	28:09	18:45	10	6:49	36	7:33	1.50	28:09	18:45	10	6:49	36	7:33
Wechsel S -> R	0.26	3:24	13:04	18	1:48	101	1:59	1.76	31:33	17:55	9	8:37	44	8:44
Schwimmen 000	1.76	31:33	17:55	9	8:37	44	8:44	1.76	31:33	17:55	9	8:37	44	8:44
Rad netto	40.00	1:11:09	1:46	12	7:07	51	9:56	41.76	1:42:42	2:27	12	15:44	41	16:05
Wechsel R -> L	0.13	1:26	11:01	15	0:40	68	0:43	41.89	1:44:08	2:29	11	16:19	41	16:48
Radfahren 000	40.13	1:12:35	1:48	12	7:42	51	10:39	41.89	1:44:08	2:29	11	16:19	41	16:48
Lauf	10.00	49:59	4:59	19	10:55	91	13:27	51.89	2:34:07	2:58	16	25:23	57	29:57