



□□□□

SCHIRMER, Thomas

□□□: 2:35:11

□□: Zeppelin - Team OSC Potsdam

□□: 503

□□: 51.89 km

Olympisch (1,5/40/10 km)

□□□□□/□□□: 66 (of 233)

□□□□□/□: 65 (of 179)

□□□□□□: 2:04:10

□□□□:

SEN3 / TM 50

□□□□□: 8(of 22)

□□□□□□□: 2:27:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	29:49	19:52	5	3:30	54	9:13	1.50	29:49	19:52	5	3:30	54	9:13	
Wechsel S -> R	0.26	2:46	10:38	7	0:54	60	1:21	1.76	32:35	18:30	7	4:21	61	9:46	
Schwimmen □□□	1.76	32:35	18:30	7	4:21	61	9:46	1.76	32:35	18:30	7	4:21	61	9:46	
Rad netto	40.00	1:11:47	1:47	8	6:34	59	10:34	41.76	1:44:22	2:29	7	7:01	56	17:45	
Wechsel R -> L	0.13	1:39	12:41	10	0:41	102	0:56	41.89	1:46:01	2:31	7	7:25	57	18:41	
Radfahren □□□	40.13	1:13:26	1:49	9	6:58	61	11:30	41.89	1:46:01	2:31	7	7:25	57	18:41	
Lauf	10.00	49:10	4:54	9	7:42	79	12:38	51.89	2:35:11	2:59	8	7:19	65	31:01	