



0000

**BERNHARDT, Ulrich**

000: 2:36:16

00: Tintenfisch

00: 441

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 71 (of 233)

00000/0: 69 (of 179)

000000: 2:04:10

0000:

SEN3 / TM 50

00000: 10(of 22)

0000000: 2:27:52

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	30:23	20:15	9	4:04	66	9:47	1.50	30:23	20:15	9	4:04	66	9:47
Wechsel S -> R	0.26	3:17	12:37	11	1:25	98	1:52	1.76	33:40	19:07	9	5:26	72	10:51
Schwimmen 000	1.76	33:40	19:07	9	5:26	72	10:51	1.76	33:40	19:07	9	5:26	72	10:51
Rad netto	40.00	1:13:15	1:49	12	8:02	77	12:02	41.76	1:46:55	2:33	9	9:34	71	20:18
Wechsel R -> L	0.13	1:33	11:55	9	0:35	88	0:50	41.89	1:48:28	2:35	9	9:52	71	21:08
Radfahren 000	40.13	1:14:48	1:51	12	8:20	78	12:52	41.89	1:48:28	2:35	9	9:52	71	21:08
Lauf	10.00	47:48	4:46	8	6:20	62	11:16	51.89	2:36:16	3:00	10	8:24	69	32:06