



0000

LAMERS, David

000: 2:36:04

00: Berlin

00: 473

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 70 (of 233)

00000/0: 68 (of 179)

000000: 2:04:10

0000:

00000: 10(of 27)

SEN1 / TM 40

0000000: 2:23:25

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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	28:23	18:55	5	0:53	40	7:47	1.50	28:23	18:55	5	0:53	40	7:47
Wechsel S -> R	0.26	2:38	10:07	12	0:45	55	1:13	1.76	31:01	17:37	3	0:48	37	8:12
Schwimmen 000	1.76	31:01	17:37	3	0:48	37	8:12	1.76	31:01	17:37	3	0:48	37	8:12
Rad netto	40.00	1:13:26	1:50	13	8:18	80	12:13	41.76	1:44:27	2:30	8	7:39	57	17:50
Wechsel R -> L	0.13	1:14	9:29	5	0:20	42	0:31	41.89	1:45:41	2:31	7	7:36	53	18:21
Radfahren 000	40.13	1:14:40	1:51	12	8:30	75	12:44	41.89	1:45:41	2:31	7	7:36	53	18:21
Lauf	10.00	50:23	5:02	12	8:52	98	13:51	51.89	2:36:04	3:00	10	12:39	68	31:54