



0000

SCHIRMER, Frank

000: 2:37:48

00: Triathlon Spreewald

00: 447

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 76 (of 233)

00000/0: 74 (of 179)

000000: 2:04:10

0000:

00000: 2(of 10)

SEN4 / TM 55

0000000: 2:23:58

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	31:09	20:45	4	2:26	76	10:33	1.50	31:09	20:45	4	2:26	76	10:33	
Wechsel S -> R	0.26	2:29	9:33	3	0:51	42	1:04	1.76	33:38	19:06	3	3:17	71	10:49	
Schwimmen 000	1.76	33:38	19:06	3	3:17	71	10:49	1.76	33:38	19:06	3	3:17	71	10:49	
Rad netto	40.00	1:13:30	1:50	2	4:36	82	12:17	41.76	1:47:08	2:33	2	7:53	73	20:31	
Wechsel R -> L	0.13	1:19	10:07	2	0:25	57	0:36	41.89	1:48:27	2:35	2	8:18	70	21:07	
Radfahren 000	40.13	1:14:49	1:51	2	5:01	79	12:53	41.89	1:48:27	2:35	2	8:18	70	21:07	
Lauf	10.00	49:21	4:56	3	5:32	83	12:49	51.89	2:37:48	3:02	2	13:50	74	33:38	