



0000

Mengel, Manfred

000: 1:17:53

00: 274

00: 25.55 km

Chari Tria (0,55-20,0-5,0)

00000/000: 40 (of 84)

00000/0: 36 (of 62)

000000: 58:18

0000:

Senioren 4 MK55

00000: 3(of 6)

0000000: 1:10:28

0000

0000

000

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	0.55	14:17	25:58	5	4:20	55	6:44	0.55	14:17	25:58	5	4:20	55	6:44
Wechsel S -> R	-	2:53	-	4	0:51	48	1:45	0.55	17:10	31:12	5	5:11	53	8:17
Schwimmen 000	0.55	17:10	31:12	5	5:11	53	8:17	0.55	17:10	31:12	5	5:11	53	8:17
Rad netto	20.00	36:26	1:49	2	1:58	29	15:06	20.55	53:36	2:36	4	7:09	41	14:31
Wechsel R -> L	-	1:28	-	5	0:27	39	0:48	20.55	55:04	2:40	4	7:36	41	14:24
Rad 000	20.00	37:54	1:53	2	2:25	30	13:36	20.55	55:04	2:40	4	7:36	41	14:24
Lauf	5.00	22:49	4:33	1	-	17	5:11	25.55	1:17:53	3:02	3	7:25	36	19:35