



0000

Kasas, Laslo

000: 1:48:30

00: 246

00: 25.55 km

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

00000/000: 78 (of 84)

00000/0: 61 (of 62)

000000: 58:18

0000:

Senioren 1 MK40

00000: 5(of 5)

0000000: 1:10:48

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	17:36	32:00	5	7:42	61	10:03	0.55	17:36	32:00	5	7:42	63	10:03
Wechsel S -> R	-	3:45	-	5	1:52	55	2:37	0.55	21:21	38:49	5	9:24	62	12:28
Schwimmen 000	0.55	21:21	38:49	5	9:24	62	12:28	0.55	21:21	38:49	5	9:24	62	12:28
Rad netto	20.00	50:50	2:32	5	18:07	59	29:30	20.55	1:12:11	3:30	5	26:39	59	33:06
Wechsel R -> L	-	2:25	-	5	1:12	57	1:45	20.55	1:14:36	3:37	5	27:51	61	33:56
Rad 000	20.00	53:15	2:39	5	19:19	59	28:57	20.55	1:14:36	3:37	5	27:51	61	33:56
Lauf	5.00	33:54	6:46	5	10:27	60	16:16	25.55	1:48:30	4:14	5	37:42	61	50:12