



0000

Donig, Silke

000: 2:38:10

00: 40

00: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

00000/000: 30 (of 46)

00000/0: 5 (of 10)

000000: 2:08:17

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Seniorinnen 1 WK40

00000: 3(of 4)

0000000: 2:13:11

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	29:00	23:11	3	7:55	8	8:52	1.25	29:00	23:11	3	7:55	11	8:52
Wechsel S -> R	-	4:25	-	4	2:34	9	2:50	1.25	33:25	26:43	4	10:29	11	11:42
Schwimmen 000	1.25	33:25	26:43	4	10:29	11	11:42	1.25	33:25	26:43	4	10:29	11	11:42
Rad netto	38.00	1:14:33	1:57	2	9:04	4	13:12	39.25	1:47:58	2:45	3	19:33	11	21:28
Wechsel R -> L	-	1:53	-	4	0:50	8	0:55	39.25	1:49:51	2:47	3	20:23	11	22:22
Rad 000	38.00	1:16:26	2:00	2	9:54	4	14:06	39.25	1:49:51	2:47	3	20:23	11	22:22
Lauf	10.00	48:19	4:49	2	4:36	3	7:31	49.25	2:38:10	3:12	3	24:59	5	29:53