



□□□□

Akca, Devran

□□□: 58:09

□□: 406

□□: 12.85 km

Chari Tria Youth 2 (0,35-10,0-2,5)

□□□□□/□□□: 6 (of 6)

□□□□□/□: 6 (of 6)

□□□□□□: 42:00

□□□□:

Jugend B (14-15 J.)

□□□□□: 4(of 4)

□□□□□□□: 42:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.35	7:55	22:37	4	2:45	6	2:45	0.35	7:55	22:37	4	2:45	6	2:45
Wechsel S -> R	-	2:02	-	3	0:31	4	0:34	0.35	9:57	28:25	4	3:16	6	3:16
Schwimmen □□□	0.35	9:57	28:25	4	3:16	6	3:16	0.35	9:57	28:25	4	3:16	6	3:16
Rad netto	10.00	26:13	2:37	4	4:41	6	4:42	10.35	36:10	3:29	4	7:57	6	7:57
Wechsel R -> L	-	0:47	-	3	0:03	4	0:03	10.35	36:57	3:34	4	7:45	6	7:45
Rad □□□	10.00	27:00	2:42	4	4:29	6	4:32	10.35	36:57	3:34	4	7:45	6	7:45
Lauf	2.50	21:12	8:28	4	8:22	6	8:24	12.85	58:09	4:31	4	16:07	6	16:09