



□□□□

Dombrink, Salome

□□□: 1:36:39

□□: 281

□□: 25.55 km

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

□□□□□/□□□: 70 (of 84)

□□□□□/□: 14 (of 22)

□□□□□□: 1:03:29

□□□□:

Seniorinnen 1 WK40

□□□□□: 3(of 4)

□□□□□□□: 1:14:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	16:37	30:12	4	4:43	21	6:31	0.55	16:37	30:12	4	4:43	21	6:31
Wechsel S -> R	-	2:25	-	2	0:24	8	0:59	0.55	19:02	34:36	4	5:07	16	7:30
Schwimmen □□□	0.55	19:02	34:36	4	5:07	16	7:30	0.55	19:02	34:36	4	5:07	16	7:30
Rad netto	20.00	45:56	2:17	3	10:15	14	16:51	20.55	1:04:58	3:09	3	15:22	14	20:59
Wechsel R -> L	-	1:21	-	3	0:23	12	0:31	20.55	1:06:19	3:13	3	15:45	14	21:30
Rad □□□	20.00	47:17	2:21	3	10:38	14	16:54	20.55	1:06:19	3:13	3	15:45	14	21:30
Lauf	5.00	30:20	6:03	2	6:38	12	11:40	25.55	1:36:39	3:46	3	22:23	14	33:10