



0000

Frese, Michael

000: 1:39:04

00: 271

00: 25.55 km

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

00000/000: 73 (of 84)

00000/0: 58 (of 62)

000000: 58:18

0000:

Senioren 4 MK55

00000: 5(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	14:50	26:58	6	4:53	58	7:17	0.55	14:50	26:58	6	4:53	58	7:17
Wechsel S -> R	-	3:58	-	5	1:56	58	2:50	0.55	18:48	34:10	6	6:49	57	9:55
Schwimmen 000	0.55	18:48	34:10	6	6:49	57	9:55	0.55	18:48	34:10	6	6:49	57	9:55
Rad netto	20.00	47:12	2:21	5	12:44	58	25:52	20.55	1:06:00	3:12	5	19:33	61	26:55
Wechsel R -> L	-	1:34	-	6	0:33	44	0:54	20.55	1:07:34	3:17	5	20:06	57	26:54
Rad 000	20.00	48:46	2:26	5	13:17	57	24:28	20.55	1:07:34	3:17	5	20:06	57	26:54
Lauf	5.00	31:30	6:17	6	8:41	59	13:52	25.55	1:39:04	3:52	5	28:36	58	40:46