



0000

Muth, Jürgen

000: 1:41:23

00: 272

00: 25.55 km

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

00000/000: 76 (of 84)

00000/0: 60 (of 62)

000000: 58:18

0000:

Senioren 4 MK55

00000: 6(of 6)

0000000: 1:10:28

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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	12:29	22:41	3	2:32	37	4:56	0.55	12:29	22:41	3	2:32	37	4:56
Wechsel S -> R	-	4:24	-	6	2:22	61	3:16	0.55	16:53	30:41	4	4:54	50	8:00
Schwimmen 000	0.55	16:53	30:41	4	4:54	50	8:00	0.55	16:53	30:41	4	4:54	50	8:00
Rad netto	20.00	55:36	2:46	6	21:08	60	34:16	20.55	1:12:29	3:31	6	26:02	61	33:24
Wechsel R -> L	-	1:21	-	3	0:20	34	0:41	20.55	1:13:50	3:35	6	26:22	59	33:10
Rad 000	20.00	56:57	2:50	6	21:28	60	32:39	20.55	1:13:50	3:35	6	26:22	59	33:10
Lauf	5.00	27:33	5:30	5	4:44	50	9:55	25.55	1:41:23	3:58	6	30:55	60	43:05