



0000

Scharmann, Mike

000: 2:14:23

00: 13

00: 49.25 km

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

00000/000: 7 (of 46)

00000/0: 5 (of 36)

000000: 2:06:59

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Senioren 1 MK40

00000: 1(of 6)

0000000: 2:14:23

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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	24:15	19:23	2	1:19	9	6:30	1.25	24:15	19:23	2	1:19	37	6:30
Wechsel S -> R	-	2:20	-	3	0:11	13	0:46	1.25	26:35	21:15	2	1:22	37	7:13
Schwimmen 000	1.25	26:35	21:15	2	1:22	37	7:13	1.25	26:35	21:15	2	1:22	37	7:13
Rad netto	38.00	1:03:39	1:40	1	-	3	4:24	39.25	1:30:14	2:17	2	0:28	6	7:20
Wechsel R -> L	-	1:13	-	1	-	9	0:15	39.25	1:31:27	2:19	2	0:17	8	7:21
Rad 000	38.00	1:04:52	1:42	1	-	4	4:25	39.25	1:31:27	2:19	2	0:17	8	7:21
Lauf	10.00	42:56	4:17	1	-	3	4:25	49.25	2:14:23	2:43	1	-	5	7:24