



0000

Landsee, Matthias

000: 2:15:17

00: 25

00: 49.25 km

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

00000/000: 8 (of 46)

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000000: 2:06:59

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Senioren 3 MK50

00000: 1(of 7)

0000000: 2:15:17

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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	24:34	19:39	1	-	11	6:49	1.25	24:34	19:39	1	-	37	6:49
Wechsel S -> R	-	1:56	-	1	-	5	0:22	1.25	26:30	21:11	1	-	37	7:08
Schwimmen 000	1.25	26:30	21:11	1	-	37	7:08	1.25	26:30	21:11	1	-	37	7:08
Rad netto	38.00	1:03:56	1:40	1	-	5	4:41	39.25	1:30:26	2:18	1	-	7	7:32
Wechsel R -> L	-	1:00	-	1	-	4	0:02	39.25	1:31:26	2:19	1	-	6	7:20
Rad 000	38.00	1:04:56	1:42	1	-	5	4:29	39.25	1:31:26	2:19	1	-	6	7:20
Lauf	10.00	43:51	4:23	1	-	7	5:20	49.25	2:15:17	2:44	1	-	6	8:18