



0000

Schneider, Carsten

000: 2:23:00

00: 5

00: 49.25 km

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

00000/000: 13 (of 46)

00000/0: 11 (of 36)

000000: 2:06:59

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Männer AK3

00000: 1(of 1)

0000000: 2:23:00

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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	26:25	21:07	1	-	20	8:40	1.25	26:25	21:07	1	-	37	8:40
Wechsel S -> R	-	2:36	-	1	-	21	1:02	1.25	29:01	23:12	1	-	37	9:39
Schwimmen 000	1.25	29:01	23:12	1	-	37	9:39	1.25	29:01	23:12	1	-	37	9:39
Rad netto	38.00	1:09:30	1:49	1	-	19	10:15	39.25	1:38:31	2:30	1	-	18	15:37
Wechsel R -> L	-	1:11	-	1	-	7	0:13	39.25	1:39:42	2:32	1	-	18	15:36
Rad 000	38.00	1:10:41	1:51	1	-	19	10:14	39.25	1:39:42	2:32	1	-	18	15:36
Lauf	10.00	43:18	4:19	1	-	4	4:47	49.25	2:23:00	2:54	1	-	11	16:01