



0000

Savastano, Carlo

000: 1:06:49

00: 221

00: 25.55 km

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

00000/000: 8 (of 84)

00000/0: 7 (of 62)

000000: 58:18

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Männer AK1

00000: 3(of 5)

0000000: 58:18

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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	0.55	9:52	17:56	3	2:19	10	2:19	0.55	9:52	17:56	6	2:19	63	2:19
Wechsel S -> R	-	1:18	-	1	-	3	0:10	0.55	11:10	20:18	6	2:17	62	2:17
Schwimmen 000	0.55	11:10	20:18	6	2:17	62	2:17	0.55	11:10	20:18	6	2:17	62	2:17
Rad netto	20.00	33:39	1:40	3	2:41	15	12:19	20.55	44:49	2:10	6	4:58	9	5:44
Wechsel R -> L	-	0:49	-	2	0:01	10	0:09	20.55	45:38	2:13	6	4:58	61	4:58
Rad 000	20.00	34:28	1:43	3	2:41	15	10:10	20.55	45:38	2:13	6	4:58	61	4:58
Lauf	5.00	21:11	4:14	3	3:33	6	3:33	25.55	1:06:49	2:36	3	8:31	7	8:31