



0000

Grenz, Matthias

000: 1:07:03

00: 229

00: 25.55 km

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

00000/000: 9 (of 84)

00000/0: 8 (of 62)

000000: 58:18

0000:

Männer AK2

00000: 2(of 11)

0000000: 1:04:14

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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	13:55	25:18	11	5:27	54	6:22	0.55	13:55	25:18	11	5:27	63	6:22
Wechsel S -> R	-	3:50	-	10	2:36	56	2:42	0.55	17:45	32:16	10	7:43	62	8:52
Schwimmen 000	0.55	17:45	32:16	10	7:43	62	8:52	0.55	17:45	32:16	10	7:43	62	8:52
Rad netto	20.00	21:20	1:03	1	-	1	-	20.55	39:05	1:54	1	-	1	-
Wechsel R -> L	-	2:58	-	9	2:18	59	2:18	20.55	42:03	2:02	1	-	61	1:23
Rad 000	20.00	24:18	1:12	1	-	1	-	20.55	42:03	2:02	1	-	61	1:23
Lauf	5.00	25:00	5:00	5	4:43	32	7:22	25.55	1:07:03	2:37	2	2:49	8	8:45