



0000

Hellmann, Christian

000: 2:28:16

00: 22

00: 49.25 km

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

00000/000: 21 (of 46)

00000/0: 18 (of 36)

000000: 2:06:59

0000:

Senioren 2 MK45

00000: 4(of 8)

0000000: 2:17:27

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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	28:01	22:24	6	6:02	26	10:16	1.25	28:01	22:24	6	6:02	37	10:16
Wechsel S -> R	-	2:03	-	5	0:29	7	0:29	1.25	30:04	24:03	5	6:31	37	10:42
Schwimmen 000	1.25	30:04	24:03	5	6:31	37	10:42	1.25	30:04	24:03	5	6:31	37	10:42
Rad netto	38.00	1:05:10	1:42	4	0:56	14	5:55	39.25	1:35:14	2:25	4	7:05	13	12:20
Wechsel R -> L	-	1:56	-	8	0:58	28	0:58	39.25	1:37:10	2:28	4	8:02	12	13:04
Rad 000	38.00	1:07:06	1:45	4	1:39	15	6:39	39.25	1:37:10	2:28	4	8:02	12	13:04
Lauf	10.00	51:06	5:06	3	3:28	21	12:35	49.25	2:28:16	3:00	4	10:49	18	21:17