



0000

Ruppel, Michael

000: 2:29:59

00: 7

00: 49.25 km

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

00000/000: 24 (of 46)

00000/0: 21 (of 36)

000000: 2:06:59

0000:

Senioren 1 MK40

00000: 4(of 6)

0000000: 2:14:23

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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	1.25	29:50	23:52	5	6:54	30	12:05	1.25	29:50	23:52	5	6:54	37	12:05
Wechsel S -> R	-	2:34	-	4	0:25	20	1:00	1.25	32:24	25:55	5	7:11	37	13:02
Schwimmen 000	1.25	32:24	25:55	5	7:11	37	13:02	1.25	32:24	25:55	5	7:11	37	13:02
Rad netto	38.00	1:08:31	1:48	4	4:52	18	9:16	39.25	1:40:55	2:34	4	11:09	22	18:01
Wechsel R -> L	-	1:30	-	4	0:17	17	0:32	39.25	1:42:25	2:36	4	11:15	22	18:19
Rad 000	38.00	1:10:01	1:50	4	5:09	18	9:34	39.25	1:42:25	2:36	4	11:15	22	18:19
Lauf	10.00	47:34	4:45	2	4:38	12	9:03	49.25	2:29:59	3:02	4	15:36	21	23:00