



0000

Glaub, Thomas

000: 2:30:30

00: 14

00: 49.25 km

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

00000/000: 25 (of 46)

00000/0: 22 (of 36)

000000: 2:06:59

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Senioren 1 MK40

00000: 5(of 6)

0000000: 2:14:23

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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	27:11	21:44	4	4:15	21	9:26	1.25	27:11	21:44	4	4:15	37	9:26
Wechsel S -> R	-	2:09	-	1	-	9	0:35	1.25	29:20	23:27	4	4:07	37	9:58
Schwimmen 000	1.25	29:20	23:27	4	4:07	37	9:58	1.25	29:20	23:27	4	4:07	37	9:58
Rad netto	38.00	1:11:56	1:53	5	8:17	24	12:41	39.25	1:41:16	2:34	5	11:30	23	18:22
Wechsel R -> L	-	1:24	-	2	0:11	14	0:26	39.25	1:42:40	2:36	5	11:30	23	18:34
Rad 000	38.00	1:13:20	1:55	5	8:28	24	12:53	39.25	1:42:40	2:36	5	11:30	23	18:34
Lauf	10.00	47:50	4:46	3	4:54	15	9:19	49.25	2:30:30	3:03	5	16:07	22	23:31