



□□□□

Appel, Thorsten

□□□: 1:11:03

□□: 260

□□: 25.55 km

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

□□□□□/□□□: 19 (of 84)

□□□□□/□: 17 (of 62)

□□□□□□: 58:18

□□□□:

Senioren 2 MK45

□□□□□: 5(of 10)

□□□□□□□: 1:04:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	11:12	20:21	6	2:56	27	3:39	0.55	11:12	20:21	6	2:56	63	3:39
Wechsel S -> R	-	2:12	-	7	1:04	28	1:04	0.55	13:24	24:21	6	3:35	62	4:31
Schwimmen □□□	0.55	13:24	24:21	6	3:35	62	4:31	0.55	13:24	24:21	6	3:35	62	4:31
Rad netto	20.00	34:43	1:44	6	4:22	19	13:23	20.55	48:07	2:20	6	6:10	18	9:02
Wechsel R -> L	-	1:28	-	8	0:43	39	0:48	20.55	49:35	2:24	6	6:38	61	8:55
Rad □□□	20.00	36:11	1:48	7	4:31	22	11:53	20.55	49:35	2:24	6	6:38	61	8:55
Lauf	5.00	21:28	4:17	2	0:09	9	3:50	25.55	1:11:03	2:46	5	6:15	17	12:45