



0000

Wahrenbruch, Thomas

000: 1:11:26

00: 256

00: 25.55 km

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

00000/000: 21 (of 84)

00000/0: 19 (of 62)

000000: 58:18

0000:

Senioren 2 MK45

00000: 6(of 10)

0000000: 1:04:48

0000

0000

000

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	14:38	26:36	10	6:22	57	7:05	0.55	14:38	26:36	10	6:22	63	7:05
Wechsel S -> R	-	2:38	-	9	1:30	43	1:30	0.55	17:16	31:23	10	7:27	62	8:23
Schwimmen 000	0.55	17:16	31:23	10	7:27	62	8:23	0.55	17:16	31:23	10	7:27	62	8:23
Rad netto	20.00	30:21	1:31	1	-	2	9:01	20.55	47:37	2:19	5	5:40	17	8:32
Wechsel R -> L	-	1:19	-	7	0:34	32	0:39	20.55	48:56	2:22	5	5:59	61	8:16
Rad 000	20.00	31:40	1:35	1	-	2	7:22	20.55	48:56	2:22	5	5:59	61	8:16
Lauf	5.00	22:30	4:30	5	1:11	13	4:52	25.55	1:11:26	2:47	6	6:38	19	13:08