



0000

Braunbeck, Nick

000: 1:12:04

00: 241

00: 25.55 km

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

00000/000: 22 (of 84)

00000/0: 20 (of 62)

000000: 58:18

0000:

Junioren (18-19 J.)

00000: 1(of 3)

0000000: 1:12:04

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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	0.55	11:45	21:21	2	0:40	30	4:12	0.55	11:45	21:21	2	0:40	63	4:12
Wechsel S -> R	-	1:46	-	2	0:12	17	0:38	0.55	13:31	24:34	2	0:52	62	4:38
Schwimmen 000	0.55	13:31	24:34	2	0:52	62	4:38	0.55	13:31	24:34	2	0:52	62	4:38
Rad netto	20.00	34:55	1:44	1	-	21	13:35	20.55	48:26	2:21	1	-	20	9:21
Wechsel R -> L	-	1:08	-	2	0:26	24	0:28	20.55	49:34	2:24	1	-	61	8:54
Rad 000	20.00	36:03	1:48	1	-	20	11:45	20.55	49:34	2:24	1	-	61	8:54
Lauf	5.00	22:30	4:30	1	-	13	4:52	25.55	1:12:04	2:49	1	-	20	13:46