



0000

Wächter, Jan-Philipp

000: 1:13:14

00: 225

00: 25.55 km

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

00000/000: 26 (of 84)

00000/0: 23 (of 62)

000000: 58:18

0000:

Männer AK2

00000: 6(of 11)

0000000: 1:04:14

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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	11:29	20:52	6	3:01	29	3:56	0.55	11:29	20:52	6	3:01	63	3:56
Wechsel S -> R	-	1:23	-	2	0:09	5	0:15	0.55	12:52	23:23	4	2:50	62	3:59
Schwimmen 000	0.55	12:52	23:23	4	2:50	62	3:59	0.55	12:52	23:23	4	2:50	62	3:59
Rad netto	20.00	35:59	1:47	6	14:39	27	14:39	20.55	48:51	2:22	4	9:46	23	9:46
Wechsel R -> L	-	1:30	-	8	0:50	42	0:50	20.55	50:21	2:27	5	8:18	61	9:41
Rad 000	20.00	37:29	1:52	6	13:11	28	13:11	20.55	50:21	2:27	5	8:18	61	9:41
Lauf	5.00	22:53	4:34	4	2:36	18	5:15	25.55	1:13:14	2:51	6	9:00	23	14:56