



0000

Raab, Stefan

000: 1:15:33

00: 252

00: 25.55 km

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

00000/000: 34 (of 84)

00000/0: 30 (of 62)

000000: 58:18

0000:

Senioren 2 MK45

00000: 7(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	12:12	22:10	7	3:56	34	4:39	0.55	12:12	22:10	7	3:56	63	4:39
Wechsel S -> R	-	1:45	-	5	0:37	16	0:37	0.55	13:57	25:21	7	4:08	62	5:04
Schwimmen 000	0.55	13:57	25:21	7	4:08	62	5:04	0.55	13:57	25:21	7	4:08	62	5:04
Rad netto	20.00	34:48	1:44	7	4:27	20	13:28	20.55	48:45	2:22	7	6:48	22	9:40
Wechsel R -> L	-	1:08	-	5	0:23	24	0:28	20.55	49:53	2:25	7	6:56	61	9:13
Rad 000	20.00	35:56	1:47	6	4:16	19	11:38	20.55	49:53	2:25	7	6:56	61	9:13
Lauf	5.00	25:40	5:08	7	4:21	40	8:02	25.55	1:15:33	2:57	7	10:45	30	17:15