



□□□□

Grün, Michael

□□□: 2:36:16

□□: 17

□□: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

□□□□□/□□□: 26 (of 46)

□□□□□/□: 23 (of 36)

□□□□□□: 2:06:59

□□□□:

Senioren 2 MK45

□□□□□: 5(of 8)

□□□□□□□: 2:17:27

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 30:46 | 24:36 | 7 | 8:47 | 32 | 13:01 | 1.25 | 30:46 | 24:36 | 7 | 8:47 | 33 | 13:01 |
| Wechsel S -> R | - | 2:02 | - | 4 | 0:28 | 6 | 0:28 | 1.25 | 32:48 | 26:14 | 7 | 9:15 | 37 | 13:26 |
| Schwimmen □□□ | 1.25 | 32:48 | 26:14 | 7 | 9:15 | 37 | 13:26 | 1.25 | 32:48 | 26:14 | 7 | 9:15 | 37 | 13:26 |
| Rad netto | 38.00 | 1:10:43 | 1:51 | 5 | 6:29 | 21 | 11:28 | 39.25 | 1:43:31 | 2:38 | 7 | 15:22 | 26 | 20:37 |
| Wechsel R -> L | - | 1:23 | - | 4 | 0:25 | 13 | 0:25 | 39.25 | 1:44:54 | 2:40 | 7 | 15:46 | 26 | 20:48 |
| Rad □□□ | 38.00 | 1:12:06 | 1:53 | 5 | 6:39 | 21 | 11:39 | 39.25 | 1:44:54 | 2:40 | 7 | 15:46 | 26 | 20:48 |
| Lauf | 10.00 | 51:22 | 5:08 | 4 | 3:44 | 23 | 12:51 | 49.25 | 2:36:16 | 3:10 | 5 | 18:49 | 23 | 29:17 |