



0000

Wilhelmi, Martin

000: 2:37:44

00: 19

00: 49.25 km

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

00000/000: 29 (of 46)

00000/0: 25 (of 36)

000000: 2:06:59

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Senioren 2 MK45

00000: 6(of 8)

0000000: 2:17:27

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	27:57	22:21	5	5:58	25	10:12	1.25	27:57	22:21	5	5:58	37	10:12
Wechsel S -> R	-	2:27	-	7	0:53	16	0:53	1.25	30:24	24:19	6	6:51	37	11:02
Schwimmen 000	1.25	30:24	24:19	6	6:51	37	11:02	1.25	30:24	24:19	6	6:51	37	11:02
Rad netto	38.00	1:12:13	1:54	7	7:59	25	12:58	39.25	1:42:37	2:36	6	14:28	25	19:43
Wechsel R -> L	-	1:30	-	5	0:32	17	0:32	39.25	1:44:07	2:39	6	14:59	25	20:01
Rad 000	38.00	1:13:43	1:56	7	8:16	25	13:16	39.25	1:44:07	2:39	6	14:59	25	20:01
Lauf	10.00	53:37	5:21	6	5:59	26	15:06	49.25	2:37:44	3:12	6	20:17	25	30:45