



0000

Fröhlich, Sebastian

000: 1:20:20

00: 235

00: 25.55 km

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

00000/000: 45 (of 84)

00000/0: 40 (of 62)

000000: 58:18

0000:

Männer AK4

00000: 2(of 5)

0000000: 1:12:16

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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	0.55	13:48	25:05	5	0:58	53	6:15	0.55	13:48	25:05	5	0:58	63	6:15
Wechsel S -> R	-	3:24	-	4	1:29	51	2:16	0.55	17:12	31:16	5	2:01	62	8:19
Schwimmen 000	0.55	17:12	31:16	5	2:01	62	8:19	0.55	17:12	31:16	5	2:01	62	8:19
Rad netto	20.00	37:50	1:53	2	2:16	38	16:30	20.55	55:02	2:40	6	4:16	43	15:57
Wechsel R -> L	-	1:50	-	5	1:09	49	1:10	20.55	56:52	2:46	6	5:25	61	16:12
Rad 000	20.00	39:40	1:58	3	3:25	39	15:22	20.55	56:52	2:46	6	5:25	61	16:12
Lauf	5.00	23:28	4:41	3	2:39	26	5:50	25.55	1:20:20	3:08	2	8:04	40	22:02