



0000

Prohl, Christopher

000: 1:21:04

00: 236

00: 25.55 km

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

00000/000: 49 (of 84)

00000/0: 42 (of 62)

000000: 58:18

0000:

Männer AK4

00000: 3(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	13:45	24:59	4	0:55	51	6:12	0.55	13:45	24:59	4	0:55	63	6:12
Wechsel S -> R	-	3:06	-	3	1:11	50	1:58	0.55	16:51	30:38	3	1:40	62	7:58
Schwimmen 000	0.55	16:51	30:38	3	1:40	62	7:58	0.55	16:51	30:38	3	1:40	62	7:58
Rad netto	20.00	38:13	1:54	3	2:39	39	16:53	20.55	55:04	2:40	6	4:18	44	15:59
Wechsel R -> L	-	1:07	-	2	0:26	23	0:27	20.55	56:11	2:44	6	4:44	61	15:31
Rad 000	20.00	39:20	1:58	2	3:05	37	15:02	20.55	56:11	2:44	6	4:44	61	15:31
Lauf	5.00	24:53	4:58	4	4:04	31	7:15	25.55	1:21:04	3:10	3	8:48	42	22:46