



0000

Schlaeger, Ralf

000: 2:40:06

00: 31

00: 49.25 km

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

00000/000: 32 (of 46)

00000/0: 27 (of 36)

000000: 2:06:59

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Senioren 4 MK55

00000: 2(of 4)

0000000: 2:08:46

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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	23:47	19:01	2	6:02	8	6:02	1.25	23:47	19:01	5	6:02	37	6:02
Wechsel S -> R	-	3:48	-	4	2:11	31	2:14	1.25	27:35	22:03	5	8:13	37	8:13
Schwimmen 000	1.25	27:35	22:03	5	8:13	37	8:13	1.25	27:35	22:03	5	8:13	37	8:13
Rad netto	38.00	1:18:29	2:03	4	14:49	35	19:14	39.25	1:46:04	2:42	5	23:02	31	23:10
Wechsel R -> L	-	1:49	-	2	0:40	26	0:51	39.25	1:47:53	2:44	5	23:42	31	23:47
Rad 000	38.00	1:20:18	2:06	4	15:29	34	19:51	39.25	1:47:53	2:44	5	23:42	31	23:47
Lauf	10.00	52:13	5:13	2	7:38	24	13:42	49.25	2:40:06	3:15	2	31:20	27	33:07