



0000

Erlebach, Torsten

000: 2:41:41

00: 28

00: 49.25 km

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

00000/000: 34 (of 46)

00000/0: 29 (of 36)

000000: 2:06:59

0000:

Senioren 4 MK55

00000: 3(of 4)

0000000: 2:08:46

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000

| 000            | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25     | 28:06    | 22:28        | 3       | 10:21   | 28      | 10:21   | 1.25  | 28:06     | 22:28         | 5       | 10:21   | 37      | 10:21   |
| Wechsel S -> R | -        | 3:43     | -            | 3       | 2:06    | 30      | 2:09    | 1.25  | 31:49     | 25:27         | 5       | 12:27   | 37      | 12:27   |
| Schwimmen 000  | 1.25     | 31:49    | 25:27        | 5       | 12:27   | 37      | 12:27   | 1.25  | 31:49     | 25:27         | 5       | 12:27   | 37      | 12:27   |
| Rad netto      | 38.00    | 1:13:49  | 1:56         | 2       | 10:09   | 27      | 14:34   | 39.25 | 1:45:38   | 2:41          | 5       | 22:36   | 29      | 22:44   |
| Wechsel R -> L | -        | 2:07     | -            | 4       | 0:58    | 30      | 1:09    | 39.25 | 1:47:45   | 2:44          | 5       | 23:34   | 30      | 23:39   |
| Rad 000        | 38.00    | 1:15:56  | 1:59         | 2       | 11:07   | 29      | 15:29   | 39.25 | 1:47:45   | 2:44          | 5       | 23:34   | 30      | 23:39   |
| Lauf           | 10.00    | 53:56    | 5:23         | 3       | 9:21    | 27      | 15:25   | 49.25 | 2:41:41   | 3:16          | 3       | 32:55   | 29      | 34:42   |