



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	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 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