



0000

Munk, Karsten

000: 1:23:25

00: 257

00: 25.55 km

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

00000/000: 55 (of 84)

00000/0: 45 (of 62)

000000: 58:18

0000:

Senioren 2 MK45

00000: 8(of 10)

0000000: 1:04:48

0000

0000

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 | 0.55     | 10:54    | 19:49        | 4       | 2:38    | 20      | 3:21    | 0.55  | 10:54     | 19:49         | 4       | 2:38    | 63      | 3:21    |
| Wechsel S -> R | -        | 2:03     | -            | 6       | 0:55    | 25      | 0:55    | 0.55  | 12:57     | 23:32         | 5       | 3:08    | 62      | 4:04    |
| Schwimmen 000  | 0.55     | 12:57    | 23:32        | 5       | 3:08    | 62      | 4:04    | 0.55  | 12:57     | 23:32         | 5       | 3:08    | 62      | 4:04    |
| Rad netto      | 20.00    | 40:03    | 2:00         | 8       | 9:42    | 45      | 18:43   | 20.55 | 53:00     | 2:34          | 8       | 11:03   | 37      | 13:55   |
| Wechsel R -> L | -        | 1:35     | -            | 9       | 0:50    | 45      | 0:55    | 20.55 | 54:35     | 2:39          | 8       | 11:38   | 61      | 13:55   |
| Rad 000        | 20.00    | 41:38    | 2:04         | 8       | 9:58    | 46      | 17:20   | 20.55 | 54:35     | 2:39          | 8       | 11:38   | 61      | 13:55   |
| Lauf           | 5.00     | 28:50    | 5:46         | 10      | 7:31    | 53      | 11:12   | 25.55 | 1:23:25   | 3:15          | 8       | 18:37   | 45      | 25:07   |