



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 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	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