



□□□□

Rochnia, Tim

□□□: 1:24:55

□□: 242

□□: 25.55 km

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

□□□□□/□□□: 58 (of 84)

□□□□□/□: 47 (of 62)

□□□□□□: 58:18

□□□□:

Junioren (18-19 J.)

□□□□□: 3(of 3)

□□□□□□□: 1:12:04

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 12:30 | 22:43 | 3 | 1:25 | 38 | 4:57 | 0.55 | 12:30 | 22:43 | 3 | 1:25 | 63 | 4:57 |
| Wechsel S -> R | - | 2:32 | - | 3 | 0:58 | 38 | 1:24 | 0.55 | 15:02 | 27:19 | 3 | 2:23 | 62 | 6:09 |
| Schwimmen □□□ | 0.55 | 15:02 | 27:19 | 3 | 2:23 | 62 | 6:09 | 0.55 | 15:02 | 27:19 | 3 | 2:23 | 62 | 6:09 |
| Rad netto | 20.00 | 40:09 | 2:00 | 3 | 5:14 | 46 | 18:49 | 20.55 | 55:11 | 2:41 | 3 | 6:45 | 46 | 16:06 |
| Wechsel R -> L | - | 0:42 | - | 1 | - | 5 | 0:02 | 20.55 | 55:53 | 2:43 | 3 | 6:19 | 61 | 15:13 |
| Rad □□□ | 20.00 | 40:51 | 2:02 | 3 | 4:48 | 44 | 16:33 | 20.55 | 55:53 | 2:43 | 3 | 6:19 | 61 | 15:13 |
| Lauf | 5.00 | 29:02 | 5:48 | 3 | 6:32 | 55 | 11:24 | 25.55 | 1:24:55 | 3:19 | 3 | 12:51 | 47 | 26:37 |