



0000

Walach, Christoph

000: 2:45:30

00: 10

00: 49.25 km

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

00000/000: 38 (of 46)

00000/0: 32 (of 36)

000000: 2:06:59

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Senioren 1 MK40

00000: 6(of 6)

0000000: 2:14:23

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	31:11	24:56	6	8:15	35	13:26	1.25	31:11	24:56	6	8:15	37	13:26
Wechsel S -> R	-	4:03	-	6	1:54	34	2:29	1.25	35:14	28:11	6	10:01	37	15:52
Schwimmen 000	1.25	35:14	28:11	6	10:01	37	15:52	1.25	35:14	28:11	6	10:01	37	15:52
Rad netto	38.00	1:12:20	1:54	6	8:41	26	13:05	39.25	1:47:34	2:44	6	17:48	33	24:40
Wechsel R -> L	-	1:47	-	5	0:34	25	0:49	39.25	1:49:21	2:47	6	18:11	32	25:15
Rad 000	38.00	1:14:07	1:57	6	9:15	26	13:40	39.25	1:49:21	2:47	6	18:11	32	25:15
Lauf	10.00	56:09	5:36	5	13:13	29	17:38	49.25	2:45:30	3:21	6	31:07	32	38:31