



0000

Appel, Mirco

000: 1:25:46

00: 238

00: 25.55 km

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

00000/000: 61 (of 84)

00000/0: 49 (of 62)

000000: 58:18

0000:

Männer AK4

00000: 5(of 5)

0000000: 1:12:16

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	13:37	24:45	3	0:47	49	6:04	0.55	13:37	24:45	3	0:47	63	6:04
Wechsel S -> R	-	3:26	-	5	1:31	52	2:18	0.55	17:03	31:00	4	1:52	62	8:10
Schwimmen 000	0.55	17:03	31:00	4	1:52	62	8:10	0.55	17:03	31:00	4	1:52	62	8:10
Rad netto	20.00	43:27	2:10	5	7:53	56	22:07	20.55	1:00:30	2:56	6	9:44	54	21:25
Wechsel R -> L	-	1:49	-	4	1:08	48	1:09	20.55	1:02:19	3:01	6	10:52	61	21:39
Rad 000	20.00	45:16	2:15	5	9:01	56	20:58	20.55	1:02:19	3:01	6	10:52	61	21:39
Lauf	5.00	23:27	4:41	2	2:38	24	5:49	25.55	1:25:46	3:21	5	13:30	49	27:28