



0000

Gudat, Klaus

000: 2:46:59

00: 33

00: 49.25 km

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

00000/000: 39 (of 46)

00000/0: 33 (of 36)

000000: 2:06:59

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Senioren 5 MK60

00000: 3(of 3)

0000000: 2:26:42

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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	25:20	20:15	2	2:23	15	7:35	1.25	25:20	20:15	2	2:23	37	7:35
Wechsel S -> R	-	4:51	-	3	2:30	35	3:17	1.25	30:11	24:08	2	4:14	37	10:49
Schwimmen 000	1.25	30:11	24:08	2	4:14	37	10:49	1.25	30:11	24:08	2	4:14	37	10:49
Rad netto	38.00	1:17:20	2:02	3	11:32	32	18:05	39.25	1:47:31	2:44	3	10:33	32	24:37
Wechsel R -> L	-	2:13	-	3	1:00	32	1:15	39.25	1:49:44	2:47	3	11:16	33	25:38
Rad 000	38.00	1:19:33	2:05	3	12:32	32	19:06	39.25	1:49:44	2:47	3	11:16	33	25:38
Lauf	10.00	57:15	5:43	2	10:52	32	18:44	49.25	2:46:59	3:23	3	20:17	33	40:00