



0000

Metzeld, Sven Markus

000: 2:47:54

00: 26

00: 49.25 km

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

00000/000: 40 (of 46)

00000/0: 34 (of 36)

000000: 2:06:59

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Senioren 3 MK50

00000: 6(of 7)

0000000: 2:15:17

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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	27:41	22:08	4	3:07	22	9:56	1.25	27:41	22:08	4	3:07	37	9:56
Wechsel S -> R	-	5:12	-	7	3:16	36	3:38	1.25	32:53	26:18	7	6:23	37	13:31
Schwimmen 000	1.25	32:53	26:18	7	6:23	37	13:31	1.25	32:53	26:18	7	6:23	37	13:31
Rad netto	38.00	1:18:19	2:03	6	14:23	34	19:04	39.25	1:51:12	2:49	6	20:46	34	28:18
Wechsel R -> L	-	2:24	-	6	1:24	34	1:26	39.25	1:53:36	2:53	6	22:10	34	29:30
Rad 000	38.00	1:20:43	2:07	6	15:47	35	20:16	39.25	1:53:36	2:53	6	22:10	34	29:30
Lauf	10.00	54:18	5:25	6	10:27	28	15:47	49.25	2:47:54	3:24	6	32:37	34	40:55