



0000

Müller, Bernd

000: 1:28:37

00: 261

00: 25.55 km

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

00000/000: 68 (of 84)

00000/0: 56 (of 62)

000000: 58:18

0000:

Senioren 3 MK50

00000: 8(of 8)

0000000: 1:08:01

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	14:30	26:21	8	5:07	56	6:57	0.55	14:30	26:21	9	5:07	63	6:57
Wechsel S -> R	-	2:31	-	4	0:39	37	1:23	0.55	17:01	30:56	9	5:44	62	8:08
Schwimmen 000	0.55	17:01	30:56	9	5:44	62	8:08	0.55	17:01	30:56	9	5:44	62	8:08
Rad netto	20.00	39:25	1:58	5	7:24	42	18:05	20.55	56:26	2:44	9	13:08	48	17:21
Wechsel R -> L	-	1:17	-	2	0:19	29	0:37	20.55	57:43	2:48	9	12:44	61	17:03
Rad 000	20.00	40:42	2:02	5	7:00	43	16:24	20.55	57:43	2:48	9	12:44	61	17:03
Lauf	5.00	30:54	6:10	8	9:25	57	13:16	25.55	1:28:37	3:28	8	20:36	56	30:19