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Karsten, Max

□□□: 42:00

□□: 401

□□: 12.85 km

Chari Tria Youth 2 (0,35-10,0-2,5)

□□□□□/□□□: 1 (of 6)

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□□□□□□: 42:00

□□□□:

Jugend A (16-17 J.)

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.35 | 5:16 | 15:02 | 1 | - | 2 | 0:06 | 0.35 | 5:16 | 15:02 | 1 | - | 2 | 0:06 |
| Wechsel S -> R | - | 1:28 | - | 1 | - | 1 | - | 0.35 | 6:44 | 19:14 | 1 | - | 2 | 0:03 |
| Schwimmen □□□ | 0.35 | 6:44 | 19:14 | 1 | - | 2 | 0:03 | 0.35 | 6:44 | 19:14 | 1 | - | 2 | 0:03 |
| Rad netto | 10.00 | 21:31 | 2:09 | 1 | - | 1 | - | 10.35 | 28:15 | 2:43 | 1 | - | 2 | 0:02 |
| Wechsel R -> L | - | 0:57 | - | 2 | 0:11 | 5 | 0:13 | 10.35 | 29:12 | 2:49 | 1 | - | 1 | - |
| Rad □□□ | 10.00 | 22:28 | 2:14 | 1 | - | 1 | - | 10.35 | 29:12 | 2:49 | 1 | - | 1 | - |
| Lauf | 2.50 | 12:48 | 5:07 | 1 | - | 1 | - | 12.85 | 42:00 | 3:16 | 1 | - | 1 | - |