



Schröder, Jan

□□: vereinslos

□□: 17

□□: 50.50 km

____: 8(of 9)

Männer AK3

	km		min/km	-	-			km		min/km	-	-		
Lauf	10.00	50:10	5:00	8	10:05	35	16:27	10.00	50:10	5:00	10	10:05	51	16:27
Rad	38.00	1:11:38	1:53	6	10:21	31	14:28	48.00	2:01:48	2:32	10	20:26	50	30:55
Lauf	2.50	13:24	5:21	7	1:55	29	4:44	50.50	2:15:12	2:40	8	21:15	32	35:39