



# 4. Charity Triathlon Bidingen

Bidingen / 31.05.2015

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Kungl, Manuel

000: 2:09:28

00: TV Windecken Triathlon

00: 163

00: 37.25 km

Power-Distanz (0,75-29,0-7,5 km)

00000/000: 32 (of 39)

00000/0: 27 (of 30)

000000: 1:25:17

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Männer AK4

00000: 2(of 2)

0000000: 1:25:17

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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	0.75	18:04	24:05	2	8:42	24	8:42	0.75	18:04	24:05	2	8:42	24	8:42
Rad	29.00	1:05:35	2:15	2	19:04	23	19:04	29.75	1:23:39	2:48	2	27:46	25	27:46
Lauf	7.50	45:49	6:06	2	16:25	29	16:25	37.25	2:09:28	3:28	2	44:11	27	44:11