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## ZEWS Running Crew

000: 2:11:16

00: ZEWS Running Crew

00: 565

00: 51.89 km

Olympisch Staffel (1,5/40/10 km)

00000/000: 2 (of 30)

00000/000: 2 (of 30)

000000: 2:07:53

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00000: 2(of 30)

Staffel

0000000: 2:07:53

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	1.50	26:21	17:33	10	3:30	10	3:30	1.50	26:21	17:33	10	3:30	10	3:30
Wechsel S -> R	0.26	1:12	4:36	9	0:10	9	0:10	1.76	27:33	15:39	10	3:22	10	3:22
Schwimmen 000	1.76	27:33	15:39	10	3:22	10	3:22	1.76	27:33	15:39	10	3:22	10	3:22
Rad netto	40.00	1:04:57	1:37	7	3:59	7	3:59	41.76	1:32:30	2:12	6	6:48	6	6:48
Wechsel R -> L	0.13	0:40	5:07	5	0:09	5	0:09	41.89	1:33:10	2:13	6	6:39	6	6:39
Radfahren 000	40.13	1:05:37	1:38	7	3:50	7	3:50	41.89	1:33:10	2:13	6	6:39	6	6:39
Lauf	10.00	38:06	3:48	1	-	1	-	51.89	2:11:16	2:31	2	3:23	2	3:23