



0000

VON HOLTZENDORFF, Leonie

000: 2:42:51

00: Berlin

00: 443

00: 51.89 km

Olympisch (1,5/40/10 km)

0000:

AK3 / TW 30

00000/000: 101 (of 233)

00000/0: 7 (of 54)

000000: 2:31:35

00000: 2(of 13)

0000000: 2:40:09

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	30:55	20:36	1	-	6	7:41	1.50	30:55	20:36	1	-	6	7:41
Wechsel S -> R	0.26	2:54	11:09	4	0:43	16	1:02	1.76	33:49	19:12	1	-	6	8:43
Schwimmen 000	1.76	33:49	19:12	1	-	6	8:43	1.76	33:49	19:12	1	-	6	8:43
Rad netto	40.00	1:13:57	1:50	1	-	4	1:59	41.76	1:47:46	2:34	1	-	6	7:10
Wechsel R -> L	0.13	1:21	10:23	4	0:14	11	0:24	41.89	1:49:07	2:36	1	-	6	7:34
Radfahren 000	40.13	1:15:18	1:52	1	-	4	2:13	41.89	1:49:07	2:36	1	-	6	7:34
Lauf	10.00	53:44	5:22	4	9:13	17	9:13	51.89	2:42:51	3:08	2	2:42	7	11:16