



0000

STEGEMANN, Jens

000: 2:48:13

00: Dauerbrenner Berlin

00: 491

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 122 (of 233)

00000/0: 111 (of 179)

000000: 2:04:10

0000:

00000: 26(of 39)

SEN2 / TM 45

0000000: 2:19:54

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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 nett	1.50	36:35	24:23	31	14:00	147	15:59	1.50	36:35	24:23	31	14:00	147	15:59
Wechsel S -> R	0.26	4:46	18:19	34	2:51	149	3:21	1.76	41:21	23:29	33	15:53	149	18:32
Schwimmen 000	1.76	41:21	23:29	33	15:53	149	18:32	1.76	41:21	23:29	33	15:53	149	18:32
Rad netto	40.00	1:16:10	1:54	28	12:49	110	14:57	41.76	1:57:31	2:48	31	26:32	131	30:54
Wechsel R -> L	0.13	1:30	11:32	14	0:36	79	0:47	41.89	1:59:01	2:50	31	26:53	130	31:41
Radfahren 000	40.13	1:17:40	1:56	28	13:10	107	15:44	41.89	1:59:01	2:50	31	26:53	130	31:41
Lauf	10.00	49:12	4:55	19	7:40	81	12:40	51.89	2:48:13	3:14	26	28:19	111	44:03