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SV Stahl Henningsdorf

000: 2:12:37

00: SV Stahl Henningsdorf

00: 595

00: 51.89 km

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

00000/000: 3 (of 30)

00000/000: 3 (of 30)

000000: 2:07:53

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00000: 3(of 30)

Staffel

0000000: 2:07:53

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	1.50	25:52	17:14	9	3:01	9	3:01	1.50	25:52	17:14	9	3:01	9	3:01
Wechsel S -> R	0.26	1:07	4:17	3	0:05	3	0:05	1.76	26:59	15:19	8	2:48	8	2:48
Schwimmen 000	1.76	26:59	15:19	8	2:48	8	2:48	1.76	26:59	15:19	8	2:48	8	2:48
Rad netto	40.00	1:03:24	1:35	4	2:26	4	2:26	41.76	1:30:23	2:09	4	4:41	4	4:41
Wechsel R -> L	0.13	0:43	5:30	7	0:12	7	0:12	41.89	1:31:06	2:10	4	4:35	4	4:35
Radfahren 000	40.13	1:04:07	1:35	3	2:20	3	2:20	41.89	1:31:06	2:10	4	4:35	4	4:35
Lauf	10.00	41:31	4:09	3	3:25	3	3:25	51.89	2:12:37	2:33	3	4:44	3	4:44