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MANGELSDORFF, Heike

000: 2:47:31

00: Trianer

00: 550

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 119 (of 233)

00000/0: 11 (of 54)

000000: 2:31:35

0000:

SEN3 / TW 50

00000: 1(of 6)

0000000: 2:47:31

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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	35:59	23:59	1	-	32	12:45	1.50	35:59	23:59	1	-	32	12:45
Wechsel S -> R	0.26	2:51	10:57	2	0:03	14	0:59	1.76	38:50	22:03	1	-	28	13:44
Schwimmen 000	1.76	38:50	22:03	1	-	28	13:44	1.76	38:50	22:03	1	-	28	13:44
Rad netto	40.00	1:14:54	1:52	1	-	6	2:56	41.76	1:53:44	2:43	1	-	10	13:08
Wechsel R -> L	0.13	1:18	10:00	2	0:06	9	0:21	41.89	1:55:02	2:44	1	-	10	13:29
Radfahren 000	40.13	1:16:12	1:53	1	-	6	3:07	41.89	1:55:02	2:44	1	-	10	13:29
Lauf	10.00	52:29	5:14	1	-	12	7:58	51.89	2:47:31	3:13	1	-	11	15:56