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AUKSCHLAT, Ralf

000: 2:55:53

00: Wunder von Zehlendorf

00: 274

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 156 (of 233)

00000/0: 136 (of 179)

000000: 2:04:10

0000:

00000: 31(of 39)

SEN2 / TM 45

0000000: 2:19:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	35:40	23:46	29	13:05	136	15:04	1.50	35:40	23:46	29	13:05	136	15:04
Wechsel S -> R	0.26	3:31	13:31	24	1:36	108	2:06	1.76	39:11	22:15	30	13:43	131	16:22
Schwimmen 000	1.76	39:11	22:15	30	13:43	131	16:22	1.76	39:11	22:15	30	13:43	131	16:22
Rad netto	40.00	1:19:41	1:59	34	16:20	140	18:28	41.76	1:58:52	2:50	33	27:53	140	32:15
Wechsel R -> L	0.13	2:04	15:53	26	1:10	135	1:21	41.89	2:00:56	2:53	33	28:48	140	33:36
Radfahren 000	40.13	1:21:45	2:02	33	17:15	144	19:49	41.89	2:00:56	2:53	33	28:48	140	33:36
Lauf	10.00	54:57	5:29	31	13:25	133	18:25	51.89	2:55:53	3:23	31	35:59	136	51:43