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WATZKE, Susanne

000: 2:55:25

00: Scc Berlin Triathlon

00: 282

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 155 (of 233)

00000/0: 20 (of 54)

000000: 2:31:35

0000:

AK3 / TW 30

00000: 5(of 13)

0000000: 2:40:09

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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	36:26	24:17	9	5:31	35	13:12	1.50	36:26	24:17	9	5:31	35	13:12
Wechsel S -> R	0.26	2:11	8:23	1	-	2	0:19	1.76	38:37	21:56	7	4:48	26	13:31
Schwimmen 000	1.76	38:37	21:56	7	4:48	26	13:31	1.76	38:37	21:56	7	4:48	26	13:31
Rad netto	40.00	1:20:15	2:00	3	6:18	17	8:17	41.76	1:58:52	2:50	5	11:06	22	18:16
Wechsel R -> L	0.13	1:09	8:50	2	0:02	5	0:12	41.89	2:00:01	2:51	4	10:54	20	18:28
Radfahren 000	40.13	1:21:24	2:01	3	6:06	16	8:19	41.89	2:00:01	2:51	4	10:54	20	18:28
Lauf	10.00	55:24	5:32	7	10:53	26	10:53	51.89	2:55:25	3:22	5	15:16	20	23:50