



0000

CANIS, Janet

000: 3:05:39

00: Berliner TSC

00: 344

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 187 (of 233)

00000/0: 34 (of 54)

000000: 2:31:35

0000:

SEN1 / TW 40

00000: 5(of 6)

0000000: 3:00:39

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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	34:19	22:52	2	0:57	24	11:05	1.50	34:19	22:52	2	0:57	24	11:05
Wechsel S -> R	0.26	4:03	15:34	3	1:11	39	2:11	1.76	38:22	21:47	2	0:54	25	13:16
Schwimmen 000	1.76	38:22	21:47	2	0:54	25	13:16	1.76	38:22	21:47	2	0:54	25	13:16
Rad netto	40.00	1:24:36	2:06	3	6:50	33	12:38	41.76	2:02:58	2:56	3	3:16	29	22:22
Wechsel R -> L	0.13	2:04	15:53	5	0:47	44	1:07	41.89	2:05:02	2:59	3	4:00	29	23:29
Radfahren 000	40.13	1:26:40	2:09	4	7:37	34	13:35	41.89	2:05:02	2:59	3	4:00	29	23:29
Lauf	10.00	1:00:37	6:03	4	10:20	37	16:06	51.89	3:05:39	3:34	5	5:00	34	34:04