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VON DER HEYDE, Joachim

000: 2:21:29

00: Tintenfisch

00: 558

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 13 (of 233)

00000/0: 13 (of 179)

000000: 2:04:10

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SEN2 / TM 45

00000: 2(of 39)

0000000: 2:19:54

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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	23:57	15:58	2	1:22	7	3:21	1.50	23:57	15:58	2	1:22	7	3:21
Wechsel S -> R	0.26	2:16	8:43	3	0:21	29	0:51	1.76	26:13	14:53	2	0:45	8	3:24
Schwimmen 000	1.76	26:13	14:53	2	0:45	8	3:24	1.76	26:13	14:53	2	0:45	8	3:24
Rad netto	40.00	1:10:22	1:45	8	7:01	40	9:09	41.76	1:36:35	2:18	2	5:36	12	9:58
Wechsel R -> L	0.13	1:17	9:52	11	0:23	50	0:34	41.89	1:37:52	2:20	2	5:44	12	10:32
Radfahren 000	40.13	1:11:39	1:47	7	7:09	38	9:43	41.89	1:37:52	2:20	2	5:44	12	10:32
Lauf	10.00	43:37	4:21	4	2:05	27	7:05	51.89	2:21:29	2:43	2	1:35	13	17:19