



0000

SUCKOW, Jan

000: 3:17:58

00: Berlin

00: 339

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 206 (of 233)

00000/0: 164 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 22(of 23)

0000000: 2:04:10

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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	37:48	25:11	21	16:43	159	17:12	1.50	37:48	25:11	21	16:43	159	17:12
Wechsel S -> R	0.26	4:30	17:18	19	3:05	141	3:05	1.76	42:18	24:02	21	18:38	158	19:29
Schwimmen 000	1.76	42:18	24:02	21	18:38	158	19:29	1.76	42:18	24:02	21	18:38	158	19:29
Rad netto	40.00	1:28:18	2:12	21	27:05	162	27:05	41.76	2:10:36	3:07	21	43:59	163	43:59
Wechsel R -> L	0.13	1:43	13:12	14	1:00	108	1:00	41.89	2:12:19	3:09	21	44:59	163	44:59
Radfahren 000	40.13	1:30:01	2:14	21	28:05	161	28:05	41.89	2:12:19	3:09	21	44:59	163	44:59
Lauf	10.00	1:05:39	6:33	22	28:49	163	29:07	51.89	3:17:58	3:48	22	1:13:48	164	1:13:48