



0000

WITT, Maurice

000: 4:13:07

00: BSV Friesen BerlinMan Team

00: 44

00: 116.79 km

00000/000: 2 (of 154)

Mittel Distanz (1,9/93/21 km)

00000/0: 2 (of 137)

000000: 4:12:50

0000:

00000: 1(of 2)

AK1 / TM 20

0000000: 4:13:07

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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	1.90	22:39	11:55	1	-	1	-	1.90	22:39	11:55	1	-	1	-
Wechsel S -> R	0.26	1:20	5:07	1	-	1	-	2.16	23:59	11:06	1	-	1	-
Schwimmen 000	2.16	23:59	11:06	1	-	1	-	2.16	23:59	11:06	1	-	1	-
Rad netto	93.00	2:30:06	1:36	1	-	6	35:31	95.16	2:54:05	1:49	1	-	5	26:49
Wechsel R -> L	0.13	0:52	6:40	1	-	4	0:11	95.29	2:54:57	1:50	1	-	4	2:42
Radfahren 000	93.13	2:30:58	1:37	1	-	5	9:58	95.29	2:54:57	1:50	1	-	4	2:42
Lauf	21.50	1:18:10	3:38	1	-	1	-	116.79	4:13:07	2:10	1	-	2	0:17