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HEINOWSKY, Enrico

000: 4:25:48

00: MRC Berlin

00: 190

00: 116.79 km

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

00000/000: 4 (of 154)

00000/0: 4 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 2(of 21)

0000000: 4:14:22

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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	29:06	15:18	6	2:54	22	6:27	1.90	29:06	15:18	6	2:54	22	6:27
Wechsel S -> R	0.26	2:09	8:16	6	0:46	23	0:49	2.16	31:15	14:28	5	3:40	19	7:16
Schwimmen 000	2.16	31:15	14:28	5	3:40	19	7:16	2.16	31:15	14:28	5	3:40	19	7:16
Rad netto	93.00	2:19:33	1:30	1	-	2	24:58	95.16	2:50:48	1:47	1	-	2	23:32
Wechsel R -> L	0.13	1:27	11:09	10	0:36	30	0:46	95.29	2:52:15	1:48	1	-	1	-
Radfahren 000	93.13	2:21:00	1:30	1	-	1	-	95.29	2:52:15	1:48	1	-	1	-
Lauf	21.50	1:33:33	4:21	6	14:05	25	15:23	116.79	4:25:48	2:16	2	11:26	4	12:58