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Family rules

□□: Family rules

□□: 564

□□: 51.89 km

Olympisch Staffel (1,5/40/10 km)

□□□□:

Staffel

□□□□□/□□□: DNF (of 30)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Schwimmen nett	1.50	fehlt!	-	-	-	-	-	1.50	-	-	-	-	-	-	-
Wechsel S -> R	0.26	42:51	164:48	30	41:49	30	41:49	1.76	42:51	24:20	28	18:40	28	18:40	18:40
Schwimmen □□□	1.76	42:51	24:20	28	18:40	28	18:40	1.76	42:51	24:20	28	18:40	28	18:40	18:40
Rad netto	40.00	1:36:14	2:24	30	35:16	30	35:16	41.76	2:19:05	3:19	29	53:23	29	53:23	53:23
Wechsel R -> L	0.13	0:58	7:26	26	0:27	26	0:27	41.89	2:20:03	3:20	29	53:32	29	53:32	53:32
Radfahren □□□	40.13	1:37:12	2:25	30	35:25	30	35:25	41.89	2:20:03	3:20	29	53:32	29	53:32	53:32
Lauf	10.00	fehlt!	-	-	-	-	-	51.89	-	-	-	-	-	-	-