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RICHTER, Michael

000: 4:28:31

00: LTC Berlin

00: 159

00: 116.79 km

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

00000/000: 6 (of 154)

00000/0: 6 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 1(of 25)

0000000: 4:28:31

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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	29:33	15:33	2	2:04	26	6:54	1.90	29:33	15:33	2	2:04	26	6:54
Wechsel S -> R	0.26	2:19	8:54	7	0:24	30	0:59	2.16	31:52	14:45	2	2:27	23	7:53
Schwimmen 000	2.16	31:52	14:45	2	2:27	23	7:53	2.16	31:52	14:45	2	2:27	23	7:53
Rad netto	93.00	2:31:30	1:37	1	-	9	36:55	95.16	3:03:22	1:55	2	1:26	12	36:06
Wechsel R -> L	0.13	1:13	9:21	3	0:10	14	0:32	95.29	3:04:35	1:56	2	1:10	12	12:20
Radfahren 000	93.13	2:32:43	1:38	1	-	7	11:43	95.29	3:04:35	1:56	2	1:10	12	12:20
Lauf	21.50	1:23:56	3:54	1	-	7	5:46	116.79	4:28:31	2:17	1	-	6	15:41