



0000

BECKMANN, Christian

000: 4:35:34

00: Dresden

00: 150

00: 116.79 km

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

00000/000: 10 (of 154)

00000/0: 10 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 2(of 24)

0000000: 4:34:09

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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	27:36	14:31	3	2:16	13	4:57	1.90	27:36	14:31	3	2:16	13	4:57
Wechsel S -> R	0.26	2:03	7:53	2	0:10	19	0:43	2.16	29:39	13:43	3	2:26	12	5:40
Schwimmen 000	2.16	29:39	13:43	3	2:26	12	5:40	2.16	29:39	13:43	3	2:26	12	5:40
Rad netto	93.00	2:33:45	1:39	3	39:10	14	39:10	95.16	3:03:24	1:55	3	36:08	13	36:08
Wechsel R -> L	0.13	1:06	8:27	1	-	10	0:25	95.29	3:04:30	1:56	2	6:39	11	12:15
Radfahren 000	93.13	2:34:51	1:39	2	4:13	14	13:51	95.29	3:04:30	1:56	2	6:39	11	12:15
Lauf	21.50	1:31:04	4:14	3	1:00	18	12:54	116.79	4:35:34	2:21	2	1:25	10	22:44