



0000

WANNER, Fabian

000: 4:37:17

00: BSV Friesen

00: 201

00: 116.79 km

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

00000/000: 11 (of 154)

00000/0: 11 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 4(of 23)

0000000: 4:26:26

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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	27:07	14:16	5	2:31	11	4:28	1.90	27:07	14:16	5	2:31	11	4:28
Wechsel S -> R	0.26	1:28	5:38	3	0:05	5	0:08	2.16	28:35	13:13	3	1:42	7	4:36
Schwimmen 000	2.16	28:35	13:13	3	1:42	7	4:36	2.16	28:35	13:13	3	1:42	7	4:36
Rad netto	93.00	2:32:08	1:38	4	1:24	11	37:33	95.16	3:00:43	1:53	1	-	7	33:27
Wechsel R -> L	0.13	1:05	8:19	4	0:24	9	0:24	95.29	3:01:48	1:54	1	-	6	9:33
Radfahren 000	93.13	2:33:13	1:38	2	1:25	8	12:13	95.29	3:01:48	1:54	1	-	6	9:33
Lauf	21.50	1:35:29	4:26	9	11:57	31	17:19	116.79	4:37:17	2:22	4	10:51	11	24:27