



0000

SENGPIEHL, Mitja

000: 4:39:11

00: Berlin

00: 114

00: 116.79 km

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

00000/000: 14 (of 154)

00000/0: 14 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 2(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	31:11	16:24	6	3:42	33	8:32	1.90	31:11	16:24	6	3:42	33	8:32
Wechsel S -> R	0.26	3:05	11:51	13	1:10	62	1:45	2.16	34:16	15:51	7	4:51	41	10:17
Schwimmen 000	2.16	34:16	15:51	7	4:51	41	10:17	2.16	34:16	15:51	7	4:51	41	10:17
Rad netto	93.00	2:35:16	1:40	4	3:46	18	40:41	95.16	3:09:32	1:59	3	7:36	19	42:16
Wechsel R -> L	0.13	1:41	12:56	10	0:38	47	1:00	95.29	3:11:13	2:00	3	7:48	18	18:58
Radfahren 000	93.13	2:36:57	1:41	3	4:14	17	15:57	95.29	3:11:13	2:00	3	7:48	18	18:58
Lauf	21.50	1:27:58	4:05	3	4:02	12	9:48	116.79	4:39:11	2:23	2	10:40	14	26:21