



0000

BRUENDERMANN, Stefan

000: 4:39:46

00: Team Erdinger Alkoholfrei

00: 171

00: 116.79 km

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

00000/000: 16 (of 154)

00000/0: 16 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 3(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	27:29	14:27	1	-	12	4:50	1.90	27:29	14:27	1	-	12	4:50
Wechsel S -> R	0.26	1:56	7:26	2	0:01	14	0:36	2.16	29:25	13:37	1	-	11	5:26
Schwimmen 000	2.16	29:25	13:37	1	-	11	5:26	2.16	29:25	13:37	1	-	11	5:26
Rad netto	93.00	2:32:31	1:38	2	1:01	12	37:56	95.16	3:01:56	1:54	1	-	11	34:40
Wechsel R -> L	0.13	1:29	11:24	6	0:26	33	0:48	95.29	3:03:25	1:55	1	-	10	11:10
Radfahren 000	93.13	2:34:00	1:39	2	1:17	12	13:00	95.29	3:03:25	1:55	1	-	10	11:10
Lauf	21.50	1:36:21	4:28	5	12:25	37	18:11	116.79	4:39:46	2:23	3	11:15	16	26:56