



0000

GERTZ, Steffi

000: 3:41:40

00: Nordwestuckermark

00: 406

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 223 (of 233)

00000/0: 50 (of 54)

000000: 2:31:35

0000:

SEN1 / TW 40

00000: 6(of 6)

0000000: 3:00:39

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	45:17	30:11	6	11:55	50	22:03	1.50	45:17	30:11	6	11:55	50	22:03
Wechsel S -> R	0.26	5:59	23:00	6	3:07	52	4:07	1.76	51:16	29:07	6	13:48	52	26:10
Schwimmen 000	1.76	51:16	29:07	6	13:48	52	26:10	1.76	51:16	29:07	6	13:48	52	26:10
Rad netto	40.00	1:36:32	2:24	6	18:46	50	24:34	41.76	2:27:48	3:32	6	28:06	50	47:12
Wechsel R -> L	0.13	3:15	25:00	6	1:58	52	2:18	41.89	2:31:03	3:36	6	30:01	50	49:30
Radfahren 000	40.13	1:39:47	2:29	6	20:44	50	26:42	41.89	2:31:03	3:36	6	30:01	50	49:30
Lauf	10.00	1:10:37	7:03	6	20:20	47	26:06	51.89	3:41:40	4:16	6	41:01	50	1:10:05