



0000

KRUMMEL, Gunnar

000: 4:43:30

00: Berliner Haie e.V.

00: 90

00: 116.79 km

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

00000/000: 18 (of 154)

00000/0: 18 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 3(of 21)

0000000: 4:14:22

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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	27:37	14:32	2	1:25	14	4:58	1.90	27:37	14:32	2	1:25	14	4:58
Wechsel S -> R	0.26	2:44	10:30	8	1:21	42	1:24	2.16	30:21	14:03	3	2:46	15	6:22
Schwimmen 000	2.16	30:21	14:03	3	2:46	15	6:22	2.16	30:21	14:03	3	2:46	15	6:22
Rad netto	93.00	2:40:11	1:43	10	20:38	32	45:36	95.16	3:10:32	2:00	4	19:44	20	43:16
Wechsel R -> L	0.13	1:13	9:21	4	0:22	14	0:32	95.29	3:11:45	2:00	4	19:30	19	19:30
Radfahren 000	93.13	2:41:24	1:43	8	20:24	29	20:24	95.29	3:11:45	2:00	4	19:30	19	19:30
Lauf	21.50	1:31:45	4:16	4	12:17	20	13:35	116.79	4:43:30	2:25	3	29:08	18	30:40