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SEIDENSTÜCKER, Ronald

000: 4:44:39

00: A3K Berlin

00: 74

00: 116.79 km

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

00000/000: 19 (of 154)

00000/0: 19 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 4(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	30:08	15:51	4	2:39	28	7:29	1.90	30:08	15:51	4	2:39	28	7:29
Wechsel S -> R	0.26	2:19	8:54	7	0:24	30	0:59	2.16	32:27	15:01	3	3:02	26	8:28
Schwimmen 000	2.16	32:27	15:01	3	3:02	26	8:28	2.16	32:27	15:01	3	3:02	26	8:28
Rad netto	93.00	2:42:44	1:44	7	11:14	38	48:09	95.16	3:15:11	2:03	6	13:15	34	47:55
Wechsel R -> L	0.13	2:08	16:24	17	1:05	81	1:27	95.29	3:17:19	2:04	6	13:54	34	25:04
Radfahren 000	93.13	2:44:52	1:46	7	12:09	39	23:52	95.29	3:17:19	2:04	6	13:54	34	25:04
Lauf	21.50	1:27:20	4:03	2	3:24	9	9:10	116.79	4:44:39	2:26	4	16:08	19	31:49