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WIEDEMANN, Frank

000: 2:23:58

00: Triathlon Spreewald e.V.

00: 451

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 18 (of 233)

00000/0: 18 (of 179)

000000: 2:04:10

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00000: 1(of 10)

SEN4 / TM 55

0000000: 2:23:58

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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	1.50	28:43	19:08	1	-	45	8:07	1.50	28:43	19:08	1	-	45	8:07
Wechsel S -> R	0.26	1:38	6:16	1	-	5	0:13	1.76	30:21	17:14	1	-	33	7:32
Schwimmen 000	1.76	30:21	17:14	1	-	33	7:32	1.76	30:21	17:14	1	-	33	7:32
Rad netto	40.00	1:08:54	1:43	1	-	25	7:41	41.76	1:39:15	2:22	1	-	24	12:38
Wechsel R -> L	0.13	0:54	6:55	1	-	6	0:11	41.89	1:40:09	2:23	1	-	22	12:49
Radfahren 000	40.13	1:09:48	1:44	1	-	25	7:52	41.89	1:40:09	2:23	1	-	22	12:49
Lauf	10.00	43:49	4:22	1	-	28	7:17	51.89	2:23:58	2:46	1	-	18	19:48