



0000

STRUEBING, Tobias

000: 4:51:17

00: Berlin

00: 52

00: 116.79 km

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

00000/000: 27 (of 154)

00000/0: 27 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 8(of 21)

0000000: 4:14:22

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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	1.90	31:36	16:37	8	5:24	42	8:57	1.90	31:36	16:37	8	5:24	42	8:57
Wechsel S -> R	0.26	2:58	11:24	12	1:35	55	1:38	2.16	34:34	16:00	8	6:59	43	10:35
Schwimmen 000	2.16	34:34	16:00	8	6:59	43	10:35	2.16	34:34	16:00	8	6:59	43	10:35
Rad netto	93.00	2:39:30	1:42	7	19:57	26	44:55	95.16	3:14:04	2:02	8	23:16	30	46:48
Wechsel R -> L	0.13	2:09	16:32	16	1:18	82	1:28	95.29	3:16:13	2:03	9	23:58	30	23:58
Radfahren 000	93.13	2:41:39	1:44	9	20:39	30	20:39	95.29	3:16:13	2:03	9	23:58	30	23:58
Lauf	21.50	1:35:04	4:25	8	15:36	28	16:54	116.79	4:51:17	2:29	8	36:55	27	38:27