



0000

PLESSE, maik

000: 4:56:21

00: VfL Eintracht Hannover

00: 7

00: 116.79 km

00000/000: 37 (of 154)

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

00000/0: 37 (of 137)

000000: 4:12:50

0000:

00000: 4(of 20)

SEN1 / TM 40

0000000: 4:12:50

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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	31:39	16:39	6	5:06	44	9:00	1.90	31:39	16:39	6	5:06	44	9:00
Wechsel S -> R	0.26	2:23	9:09	5	0:47	32	1:03	2.16	34:02	15:45	5	5:38	36	10:03
Schwimmen 000	2.16	34:02	15:45	5	5:38	36	10:03	2.16	34:02	15:45	5	5:38	36	10:03
Rad netto	93.00	2:48:54	1:48	7	27:00	57	54:19	95.16	3:22:56	2:07	6	30:44	50	55:40
Wechsel R -> L	0.13	1:18	10:00	2	0:32	21	0:37	95.29	3:24:14	2:08	6	31:16	48	31:59
Radfahren 000	93.13	2:50:12	1:49	6	27:32	54	29:12	95.29	3:24:14	2:08	6	31:16	48	31:59
Lauf	21.50	1:32:07	4:17	3	12:15	22	13:57	116.79	4:56:21	2:32	4	43:31	37	43:31