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OCHAINSKI, David

000: 5:01:45

00: Not Fast But Furious

00: 55

00: 116.79 km

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

00000/000: 42 (of 154)

00000/0: 41 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 10(of 23)

0000000: 4:26:26

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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	31:32	16:35	10	6:56	40	8:53	1.90	31:32	16:35	10	6:56	40	8:53
Wechsel S -> R	0.26	1:57	7:30	5	0:34	15	0:37	2.16	33:29	15:30	9	6:36	32	9:30
Schwimmen 000	2.16	33:29	15:30	9	6:36	32	9:30	2.16	33:29	15:30	9	6:36	32	9:30
Rad netto	93.00	2:40:18	1:43	9	9:34	33	45:43	95.16	3:13:47	2:02	10	13:04	29	46:31
Wechsel R -> L	0.13	2:16	17:26	19	1:35	92	1:35	95.29	3:16:03	2:03	10	14:15	29	23:48
Radfahren 000	93.13	2:42:34	1:44	9	10:46	31	21:34	95.29	3:16:03	2:03	10	14:15	29	23:48
Lauf	21.50	1:45:42	4:54	18	22:10	72	27:32	116.79	5:01:45	2:35	10	35:19	41	48:55