



0000

KANT, Marvin

000: 5:06:27

00: Berlin

00: 51

00: 116.79 km

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

00000/000: 50 (of 154)

00000/0: 49 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 12(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	34:55	18:22	15	10:19	83	12:16	1.90	34:55	18:22	15	10:19	83	12:16
Wechsel S -> R	0.26	5:13	20:03	22	3:50	120	3:53	2.16	40:08	18:34	21	13:15	98	16:09
Schwimmen 000	2.16	40:08	18:34	21	13:15	98	16:09	2.16	40:08	18:34	21	13:15	98	16:09
Rad netto	93.00	2:54:17	1:52	14	23:33	71	59:42	95.16	3:34:25	2:15	15	33:42	72	1:07:09
Wechsel R -> L	0.13	1:55	14:44	16	1:14	67	1:14	95.29	3:36:20	2:16	15	34:32	71	44:05
Radfahren 000	93.13	2:56:12	1:53	14	24:24	70	35:12	95.29	3:36:20	2:16	15	34:32	71	44:05
Lauf	21.50	1:30:07	4:11	5	6:35	16	11:57	116.79	5:06:27	2:37	12	40:01	49	53:37