



0000

GRUHN, Stefan

000: 5:08:33

00: Team Erdinger Alkoholfrei

00: 70

00: 116.79 km

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

00000/000: 52 (of 154)

00000/0: 50 (of 137)

000000: 4:12:50

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SEN1 / TM 40

00000: 6(of 20)

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	30:22	15:58	4	3:49	30	7:43	1.90	30:22	15:58	4	3:49	30	7:43
Wechsel S -> R	0.26	3:33	13:39	17	1:57	81	2:13	2.16	33:55	15:42	4	5:31	35	9:56
Schwimmen 000	2.16	33:55	15:42	4	5:31	35	9:56	2.16	33:55	15:42	4	5:31	35	9:56
Rad netto	93.00	2:46:05	1:47	3	24:11	44	51:30	95.16	3:20:00	2:06	5	27:48	43	52:44
Wechsel R -> L	0.13	1:43	13:12	8	0:57	52	1:02	95.29	3:21:43	2:07	5	28:45	41	29:28
Radfahren 000	93.13	2:47:48	1:48	3	25:08	44	26:48	95.29	3:21:43	2:07	5	28:45	41	29:28
Lauf	21.50	1:46:50	4:58	11	26:58	74	28:40	116.79	5:08:33	2:38	6	55:43	50	55:43