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MARTENS, Henning

000: 5:09:37

00: Tri-Sport Lübeck

00: 148

00: 116.79 km

00000/000: 53 (of 154)

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

00000/0: 51 (of 137)

000000: 4:12:50

0000:

00000: 10(of 25)

SEN2 / TM 45

0000000: 4:28:31

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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	33:31	17:38	12	6:02	67	10:52	1.90	33:31	17:38	12	6:02	67	10:52
Wechsel S -> R	0.26	2:05	8:00	3	0:10	20	0:45	2.16	35:36	16:28	10	6:11	54	11:37
Schwimmen 000	2.16	35:36	16:28	10	6:11	54	11:37	2.16	35:36	16:28	10	6:11	54	11:37
Rad netto	93.00	2:44:23	1:46	8	12:53	41	49:48	95.16	3:19:59	2:06	8	18:03	42	52:43
Wechsel R -> L	0.13	2:03	15:46	16	1:00	79	1:22	95.29	3:22:02	2:07	8	18:37	42	29:47
Radfahren 000	93.13	2:46:26	1:47	8	13:43	41	25:26	95.29	3:22:02	2:07	8	18:37	42	29:47
Lauf	21.50	1:47:35	5:00	15	23:39	77	29:25	116.79	5:09:37	2:39	10	41:06	51	56:47