



0000

FREIWALD, Grit

000: 5:07:23

00: VfL Wolfsburg

00: 26

00: 116.79 km

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

00000/000: 51 (of 154)

00000/0: 2 (of 17)

000000: 5:01:22

0000:

AK4 / TW 35

00000: 1(of 4)

0000000: 5:07:23

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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	27:58	14:43	1	-	1	-	1.90	27:58	14:43	1	-	1	-
Wechsel S -> R	0.26	2:20	8:58	1	-	3	0:24	2.16	30:18	14:01	1	-	1	-
Schwimmen 000	2.16	30:18	14:01	1	-	1	-	2.16	30:18	14:01	1	-	1	-
Rad netto	93.00	3:01:05	1:56	2	2:18	6	13:11	95.16	3:31:23	2:13	1	-	3	8:40
Wechsel R -> L	0.13	1:18	10:00	1	-	2	0:06	95.29	3:32:41	2:13	1	-	3	8:16
Radfahren 000	93.13	3:02:23	1:57	2	1:48	5	12:47	95.29	3:32:41	2:13	1	-	3	8:16
Lauf	21.50	1:34:42	4:24	1	-	1	-	116.79	5:07:23	2:37	1	-	2	6:01