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RIEGENRING, Sascha

000: 5:14:11

00: BSG Berliner Sparkasse e.V.

00: 48

00: 116.79 km

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

00000/000: 61 (of 154)

00000/0: 58 (of 137)

000000: 4:12:50

0000:

SEN1 / TM 40

00000: 7(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	33:55	17:51	10	7:22	69	11:16	1.90	33:55	17:51	10	7:22	69	11:16
Wechsel S -> R	0.26	2:49	10:50	7	1:13	47	1:29	2.16	36:44	17:00	11	8:20	67	12:45
Schwimmen 000	2.16	36:44	17:00	11	8:20	67	12:45	2.16	36:44	17:00	11	8:20	67	12:45
Rad netto	93.00	2:50:41	1:50	8	28:47	58	56:06	95.16	3:27:25	2:10	9	35:13	58	1:00:09
Wechsel R -> L	0.13	1:57	15:00	11	1:11	69	1:16	95.29	3:29:22	2:11	9	36:24	57	37:07
Radfahren 000	93.13	2:52:38	1:51	9	29:58	59	31:38	95.29	3:29:22	2:11	9	36:24	57	37:07
Lauf	21.50	1:44:49	4:52	9	24:57	69	26:39	116.79	5:14:11	2:41	7	1:01:21	58	1:01:21