



0000

ROMPF, Sebastian

000: 5:15:56

00: Not Fast But Furious

00: 120

00: 116.79 km

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

00000/000: 63 (of 154)

00000/0: 60 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 14(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	32:42	17:12	13	8:06	58	10:03	1.90	32:42	17:12	13	8:06	58	10:03
Wechsel S -> R	0.26	3:18	12:41	17	1:55	69	1:58	2.16	36:00	16:39	13	9:07	58	12:01
Schwimmen 000	2.16	36:00	16:39	13	9:07	58	12:01	2.16	36:00	16:39	13	9:07	58	12:01
Rad netto	93.00	3:00:06	1:56	17	29:22	87	1:05:31	95.16	3:36:06	2:16	16	35:23	76	1:08:50
Wechsel R -> L	0.13	1:46	13:35	11	1:05	56	1:05	95.29	3:37:52	2:17	16	36:04	74	45:37
Radfahren 000	93.13	3:01:52	1:57	17	30:04	85	40:52	95.29	3:37:52	2:17	16	36:04	74	45:37
Lauf	21.50	1:38:04	4:33	12	14:32	41	19:54	116.79	5:15:56	2:42	14	49:30	60	1:03:06