



0000

SCHABACKER, Marco

000: 5:19:32

00: Lufthansa SV Hamburg

00: 62

00: 116.79 km

00000/000: 66 (of 154)

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

00000/0: 62 (of 137)

000000: 4:12:50

0000:

00000: 8(of 20)

SEN1 / TM 40

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	34:09	17:58	13	7:36	74	11:30	1.90	34:09	17:58	13	7:36	74	11:30
Wechsel S -> R	0.26	4:39	17:53	18	3:03	111	3:19	2.16	38:48	17:57	16	10:24	81	14:49
Schwimmen 000	2.16	38:48	17:57	16	10:24	81	14:49	2.16	38:48	17:57	16	10:24	81	14:49
Rad netto	93.00	2:59:36	1:55	14	37:42	84	1:05:01	95.16	3:38:24	2:17	13	46:12	81	1:11:08
Wechsel R -> L	0.13	1:21	10:23	3	0:35	23	0:40	95.29	3:39:45	2:18	13	46:47	79	47:30
Radfahren 000	93.13	3:00:57	1:56	13	38:17	81	39:57	95.29	3:39:45	2:18	13	46:47	79	47:30
Lauf	21.50	1:39:47	4:38	5	19:55	51	21:37	116.79	5:19:32	2:44	8	1:06:42	62	1:06:42