



0000

LIEPNER, Sybille

000: 5:17:35

00: Bernauer Lauffreunde

00: 20

00: 116.79 km

00000/000: 64 (of 154)

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

00000/0: 4 (of 17)

000000: 5:01:22

0000:

00000: 1(of 2)

SEN2 / TW 45

0000000: 5:17:35

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.90	30:22	15:58	1	-	2	2:24	1.90	30:22	15:58	1	-	2	2:24
Wechsel S -> R	0.26	2:23	9:09	1	-	4	0:27	2.16	32:45	15:09	1	-	2	2:27
Schwimmen 000	2.16	32:45	15:09	1	-	2	2:27	2.16	32:45	15:09	1	-	2	2:27
Rad netto	93.00	3:00:53	1:56	1	-	4	12:59	95.16	3:33:38	2:14	1	-	4	10:55
Wechsel R -> L	0.13	1:22	10:30	1	-	4	0:10	95.29	3:35:00	2:15	1	-	4	10:35
Radfahren 000	93.13	3:02:15	1:57	1	-	4	12:39	95.29	3:35:00	2:15	1	-	4	10:35
Lauf	21.50	1:42:35	4:46	1	-	4	7:53	116.79	5:17:35	2:43	1	-	4	16:13