



0000

ROESE, Stefan

000: 5:22:24

00: Berlin

00: 163

00: 116.79 km

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

00000/000: 70 (of 154)

00000/0: 66 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 16(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	40:11	21:08	23	15:35	122	17:32	1.90	40:11	21:08	23	15:35	122	17:32
Wechsel S -> R	0.26	4:09	15:57	19	2:46	98	2:49	2.16	44:20	20:31	23	17:27	122	20:21
Schwimmen 000	2.16	44:20	20:31	23	17:27	122	20:21	2.16	44:20	20:31	23	17:27	122	20:21
Rad netto	93.00	3:00:14	1:56	18	29:30	88	1:05:39	95.16	3:44:34	2:21	22	43:51	102	1:17:18
Wechsel R -> L	0.13	2:02	15:38	17	1:21	77	1:21	95.29	3:46:36	2:22	22	44:48	101	54:21
Radfahren 000	93.13	3:02:16	1:57	18	30:28	87	41:16	95.29	3:46:36	2:22	22	44:48	101	54:21
Lauf	21.50	1:35:48	4:27	10	12:16	33	17:38	116.79	5:22:24	2:45	16	55:58	66	1:09:34