



0000

HEGER, Jörg

000: 2:25:08

00: BSG Spielbank Berlin

00: 537

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 20 (of 233)

00000/0: 20 (of 179)

000000: 2:04:10

0000:

AK3 / TM 30

00000: 4(of 23)

0000000: 2:04:10

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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	1.50	26:24	17:35	4	5:19	24	5:48	1.50	26:24	17:35	4	5:19	24	5:48
Wechsel S -> R	0.26	2:53	11:05	10	1:28	66	1:28	1.76	29:17	16:38	5	5:37	24	6:28
Schwimmen 000	1.76	29:17	16:38	5	5:37	24	6:28	1.76	29:17	16:38	5	5:37	24	6:28
Rad netto	40.00	1:10:28	1:45	6	9:15	41	9:15	41.76	1:39:45	2:23	6	13:08	29	13:08
Wechsel R -> L	0.13	0:54	6:55	3	0:11	6	0:11	41.89	1:40:39	2:24	6	13:19	26	13:19
Radfahren 000	40.13	1:11:22	1:46	6	9:26	32	9:26	41.89	1:40:39	2:24	6	13:19	26	13:19
Lauf	10.00	44:29	4:26	5	7:39	33	7:57	51.89	2:25:08	2:47	4	20:58	20	20:58