



0000

BRUNK, Michael

000: 5:24:23

00: Schönefeld

00: 22

00: 116.79 km

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

00000/000: 73 (of 154)

00000/0: 69 (of 137)

000000: 4:12:50

0000:

00000: 10(of 24)

SEN3 / TM 50

0000000: 4:34:09

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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	28:33	15:01	4	3:13	16	5:54	1.90	28:33	15:01	4	3:13	16	5:54
Wechsel S -> R	0.26	3:24	13:04	9	1:31	74	2:04	2.16	31:57	14:47	4	4:44	25	7:58
Schwimmen 000	2.16	31:57	14:47	4	4:44	25	7:58	2.16	31:57	14:47	4	4:44	25	7:58
Rad netto	93.00	2:55:31	1:53	12	1:00:56	75	1:00:56	95.16	3:27:28	2:10	9	1:00:12	60	1:00:12
Wechsel R -> L	0.13	2:16	17:26	14	1:10	92	1:35	95.29	3:29:44	2:12	8	31:53	59	37:29
Radfahren 000	93.13	2:57:47	1:54	11	27:09	75	36:47	95.29	3:29:44	2:12	8	31:53	59	37:29
Lauf	21.50	1:54:39	5:19	13	24:35	94	36:29	116.79	5:24:23	2:46	10	50:14	69	1:11:33