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TASSLER, Thomas

000: 5:28:10

00: Klötze OT Immekath

00: 126

00: 116.79 km

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

00000/000: 81 (of 154)

00000/0: 76 (of 137)

000000: 4:12:50

0000:

AK3 / TM 30

00000: 17(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	36:21	19:07	21	11:45	104	13:42	1.90	36:21	19:07	21	11:45	104	13:42
Wechsel S -> R	0.26	7:22	28:19	23	5:59	131	6:02	2.16	43:43	20:14	22	16:50	118	19:44
Schwimmen 000	2.16	43:43	20:14	22	16:50	118	19:44	2.16	43:43	20:14	22	16:50	118	19:44
Rad netto	93.00	2:57:26	1:54	16	26:42	79	1:02:51	95.16	3:41:09	2:19	19	40:26	93	1:13:53
Wechsel R -> L	0.13	2:56	22:33	23	2:15	115	2:15	95.29	3:44:05	2:21	20	42:17	94	51:50
Radfahren 000	93.13	3:00:22	1:56	16	28:34	78	39:22	95.29	3:44:05	2:21	20	42:17	94	51:50
Lauf	21.50	1:44:05	4:50	17	20:33	64	25:55	116.79	5:28:10	2:48	17	1:01:44	76	1:15:20