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GERTZ, Mathias

000: 5:30:55

00: Nordwestuckermark

00: 134

00: 116.79 km

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

00000/000: 83 (of 154)

00000/0: 78 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 16(of 25)

0000000: 4:28:31

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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	42:58	22:36	23	15:29	129	20:19	1.90	42:58	22:36	23	15:29	129	20:19
Wechsel S -> R	0.26	5:01	19:17	23	3:06	118	3:41	2.16	47:59	22:12	24	18:34	129	24:00
Schwimmen 000	2.16	47:59	22:12	24	18:34	129	24:00	2.16	47:59	22:12	24	18:34	129	24:00
Rad netto	93.00	2:53:36	1:52	16	22:06	68	59:01	95.16	3:41:35	2:19	18	39:39	95	1:14:19
Wechsel R -> L	0.13	2:17	17:33	20	1:14	95	1:36	95.29	3:43:52	2:20	18	40:27	93	51:37
Radfahren 000	93.13	2:55:53	1:53	16	23:10	68	34:53	95.29	3:43:52	2:20	18	40:27	93	51:37
Lauf	21.50	1:47:03	4:58	14	23:07	75	28:53	116.79	5:30:55	2:50	16	1:02:24	78	1:18:05