



0000

**BÖHME, Manuela**

000: 5:32:44

00: Berlin

00: 24

00: 116.79 km

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

00000/000: 90 (of 154)

00000/0: 6 (of 17)

000000: 5:01:22

0000:

SEN1 / TW 40

00000: 3(of 4)

0000000: 5:01:22

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	37:00	19:28	4	6:00	11	9:02	1.90	37:00	19:28	4	6:00	11	9:02
Wechsel S -> R	0.26	3:51	14:48	4	1:55	9	1:55	2.16	40:51	18:54	4	7:06	10	10:33
Schwimmen 000	2.16	40:51	18:54	4	7:06	10	10:33	2.16	40:51	18:54	4	7:06	10	10:33
Rad netto	93.00	3:01:12	1:56	3	13:18	7	13:18	95.16	3:42:03	2:20	3	19:20	7	19:20
Wechsel R -> L	0.13	1:56	14:52	4	0:44	8	0:44	95.29	3:43:59	2:21	3	19:34	6	19:34
Radfahren 000	93.13	3:03:08	1:57	3	13:32	6	13:32	95.29	3:43:59	2:21	3	19:34	6	19:34
Lauf	21.50	1:48:45	5:03	3	11:48	7	14:03	116.79	5:32:44	2:50	3	31:22	6	31:22