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SCHELL, Markus

000: 5:39:05

00: AK3 Berlin

00: 177

00: 116.79 km

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

00000/000: 101 (of 154)

00000/0: 95 (of 137)

000000: 4:12:50

0000:

SEN4 / TM 55

00000: 3(of 7)

0000000: 4:57:41

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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	42:42	22:28	6	16:07	127	20:03	1.90	42:42	22:28	6	16:07	127	20:03
Wechsel S -> R	0.26	4:08	15:53	4	1:15	97	2:48	2.16	46:50	21:40	6	14:57	126	22:51
Schwimmen 000	2.16	46:50	21:40	6	14:57	126	22:51	2.16	46:50	21:40	6	14:57	126	22:51
Rad netto	93.00	2:53:45	1:52	2	11:55	69	59:10	95.16	3:40:35	2:19	3	24:30	89	1:13:19
Wechsel R -> L	0.13	1:42	13:04	1	-	50	1:01	95.29	3:42:17	2:19	3	24:13	87	50:02
Radfahren 000	93.13	2:55:27	1:53	2	11:38	67	34:27	95.29	3:42:17	2:19	3	24:13	87	50:02
Lauf	21.50	1:56:48	5:25	5	17:11	99	38:38	116.79	5:39:05	2:54	3	41:24	95	1:26:15