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TIEBEN, Jörg

000: 5:46:53

00: Tri Team Gießen

00: 161

00: 116.79 km

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

00000/000: 111 (of 154)

00000/0: 104 (of 137)

000000: 4:12:50

0000:

SEN4 / TM 55

00000: 5(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	34:44	18:16	5	8:09	80	12:05	1.90	34:44	18:16	5	8:09	80	12:05
Wechsel S -> R	0.26	7:25	28:31	7	4:32	132	6:05	2.16	42:09	19:30	5	10:16	111	18:10
Schwimmen 000	2.16	42:09	19:30	5	10:16	111	18:10	2.16	42:09	19:30	5	10:16	111	18:10
Rad netto	93.00	3:11:38	2:03	6	29:48	118	1:17:03	95.16	3:53:47	2:27	6	37:42	120	1:26:31
Wechsel R -> L	0.13	3:51	29:36	7	2:09	127	3:10	95.29	3:57:38	2:29	6	39:34	119	1:05:23
Radfahren 000	93.13	3:15:29	2:05	6	31:40	117	54:29	95.29	3:57:38	2:29	6	39:34	119	1:05:23
Lauf	21.50	1:49:15	5:04	3	9:38	81	31:05	116.79	5:46:53	2:58	5	49:12	104	1:34:03