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MIELITZ, Stephan

000: 5:48:32

00: PankePlantscher

00: 122

00: 116.79 km

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

00000/000: 113 (of 154)

00000/0: 106 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 14(of 24)

0000000: 4:34:09

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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	38:13	20:06	20	12:53	117	15:34	1.90	38:13	20:06	20	12:53	117	15:34
Wechsel S -> R	0.26	5:17	20:19	19	3:24	122	3:57	2.16	43:30	20:08	19	16:17	117	19:31
Schwimmen 000	2.16	43:30	20:08	19	16:17	117	19:31	2.16	43:30	20:08	19	16:17	117	19:31
Rad netto	93.00	3:01:03	1:56	14	1:06:28	93	1:06:28	95.16	3:44:33	2:21	16	1:17:17	101	1:17:17
Wechsel R -> L	0.13	2:15	17:18	13	1:09	90	1:34	95.29	3:46:48	2:22	16	48:57	102	54:33
Radfahren 000	93.13	3:03:18	1:58	13	32:40	93	42:18	95.29	3:46:48	2:22	16	48:57	102	54:33
Lauf	21.50	2:01:44	5:39	14	31:40	107	43:34	116.79	5:48:32	2:59	14	1:14:23	106	1:35:42