



0000

ROTH, Carsten

000: 5:48:05

00: Berlin

00: 12

00: 116.79 km

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

00000/000: 112 (of 154)

00000/0: 105 (of 137)

000000: 4:12:50

0000:

SEN4 / TM 55

00000: 6(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	26:35	13:59	1	-	8	3:56	1.90	26:35	13:59	1	-	8	3:56
Wechsel S -> R	0.26	5:18	20:23	5	2:25	123	3:58	2.16	31:53	14:45	1	-	24	7:54
Schwimmen 000	2.16	31:53	14:45	1	-	24	7:54	2.16	31:53	14:45	1	-	24	7:54
Rad netto	93.00	3:21:52	2:10	7	40:02	128	1:27:17	95.16	3:53:45	2:27	5	37:40	119	1:26:29
Wechsel R -> L	0.13	3:01	23:12	5	1:19	116	2:20	95.29	3:56:46	2:29	5	38:42	118	1:04:31
Radfahren 000	93.13	3:24:53	2:11	7	41:04	127	1:03:53	95.29	3:56:46	2:29	5	38:42	118	1:04:31
Lauf	21.50	1:51:19	5:10	4	11:42	87	33:09	116.79	5:48:05	2:58	6	50:24	105	1:35:15