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KÖNEN, Daniela

000: 5:52:38

00: DreiZack Spandau

00: 170

00: 116.79 km

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

00000/000: 119 (of 154)

00000/0: 9 (of 17)

000000: 5:01:22

0000:

SEN1 / TW 40

00000: 4(of 4)

0000000: 5:01:22

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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	31:26	16:32	2	0:26	5	3:28	1.90	31:26	16:32	2	0:26	5	3:28
Wechsel S -> R	0.26	2:19	8:54	2	0:23	2	0:23	2.16	33:45	15:37	1	-	3	3:27
Schwimmen 000	2.16	33:45	15:37	1	-	3	3:27	2.16	33:45	15:37	1	-	3	3:27
Rad netto	93.00	3:17:00	2:07	4	29:06	13	29:06	95.16	3:50:45	2:25	4	28:02	10	28:02
Wechsel R -> L	0.13	1:12	9:13	1	-	1	-	95.29	3:51:57	2:26	4	27:32	9	27:32
Radfahren 000	93.13	3:18:12	2:07	4	28:36	13	28:36	95.29	3:51:57	2:26	4	27:32	9	27:32
Lauf	21.50	2:00:41	5:36	4	23:44	11	25:59	116.79	5:52:38	3:01	4	51:16	9	51:16