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KAZMIERSKY, Stefanie

000: 5:52:55

00: Laufen gegen Leiden e.V.

00: 19

00: 116.79 km

00000/000: 120 (of 154)

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

00000/0: 10 (of 17)

000000: 5:01:22

0000:

00000: 2(of 2)

AK3 / TW 30

0000000: 5:46:46

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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	38:47	20:24	2	1:48	12	10:49	1.90	38:47	20:24	2	1:48	12	10:49
Wechsel S -> R	0.26	4:26	17:03	2	0:25	13	2:30	2.16	43:13	20:00	2	2:13	12	12:55
Schwimmen 000	2.16	43:13	20:00	2	2:13	12	12:55	2.16	43:13	20:00	2	2:13	12	12:55
Rad netto	93.00	3:06:12	2:00	2	5:14	8	18:18	95.16	3:49:25	2:24	2	7:27	9	26:42
Wechsel R -> L	0.13	2:57	22:41	2	0:35	14	1:45	95.29	3:52:22	2:26	2	8:02	10	27:57
Radfahren 000	93.13	3:09:09	2:01	2	5:49	8	19:33	95.29	3:52:22	2:26	2	8:02	10	27:57
Lauf	21.50	2:00:33	5:36	1	-	10	25:51	116.79	5:52:55	3:01	2	6:09	10	51:33