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ZENZ, Dirk

000: 6:00:51

00: LEIDIG24 Triathlon Team

00: 164

00: 116.79 km

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

00000/000: 124 (of 154)

00000/0: 112 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 15(of 24)

0000000: 4:34:09

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	45:57	24:11	22	20:37	132	23:18	1.90	45:57	24:11	22	20:37	132	23:18
Wechsel S -> R	0.26	5:20	20:30	20	3:27	124	4:00	2.16	51:17	23:44	23	24:04	132	27:18
Schwimmen 000	2.16	51:17	23:44	23	24:04	132	27:18	2.16	51:17	23:44	23	24:04	132	27:18
Rad netto	93.00	3:13:34	2:04	20	1:18:59	120	1:18:59	95.16	4:04:51	2:34	23	1:37:35	128	1:37:35
Wechsel R -> L	0.13	2:36	20:00	17	1:30	108	1:55	95.29	4:07:27	2:35	22	1:09:36	126	1:15:12
Radfahren 000	93.13	3:16:10	2:06	19	45:32	119	55:10	95.29	4:07:27	2:35	22	1:09:36	126	1:15:12
Lauf	21.50	1:53:24	5:16	12	23:20	91	35:14	116.79	6:00:51	3:05	15	1:26:42	112	1:48:01