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VOGEL, Fredi

000: 6:02:42

00: Panke Plantscher

00: 124

00: 116.79 km

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

00000/000: 126 (of 154)

00000/0: 113 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 23(of 25)

0000000: 4:28:31

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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	37:56	19:57	20	10:27	112	15:17	1.90	37:56	19:57	20	10:27	112	15:17
Wechsel S -> R	0.26	7:19	28:08	24	5:24	130	5:59	2.16	45:15	20:56	22	15:50	123	21:16
Schwimmen 000	2.16	45:15	20:56	22	15:50	123	21:16	2.16	45:15	20:56	22	15:50	123	21:16
Rad netto	93.00	3:25:54	2:12	24	54:24	130	1:31:19	95.16	4:11:09	2:38	24	1:09:13	130	1:43:53
Wechsel R -> L	0.13	2:40	20:30	23	1:37	109	1:59	95.29	4:13:49	2:39	24	1:10:24	129	1:21:34
Radfahren 000	93.13	3:28:34	2:14	24	55:51	128	1:07:34	95.29	4:13:49	2:39	24	1:10:24	129	1:21:34
Lauf	21.50	1:48:53	5:03	17	24:57	79	30:43	116.79	6:02:42	3:06	23	1:34:11	113	1:49:52