



0000

WEGMANN, Udo

000: 6:04:54

00: LG Würzburg

00: 39

00: 116.79 km

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

00000/000: 128 (of 154)

00000/0: 115 (of 137)

000000: 4:12:50

0000:

SEN4 / TM 55

00000: 7(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	45:37	24:00	7	19:02	131	22:58	1.90	45:37	24:00	7	19:02	131	22:58
Wechsel S -> R	0.26	3:37	13:54	2	0:44	84	2:17	2.16	49:14	22:47	7	17:21	130	25:15
Schwimmen 000	2.16	49:14	22:47	7	17:21	130	25:15	2.16	49:14	22:47	7	17:21	130	25:15
Rad netto	93.00	3:08:16	2:01	5	26:26	114	1:13:41	95.16	3:57:30	2:29	7	41:25	122	1:30:14
Wechsel R -> L	0.13	1:43	13:12	2	0:01	52	1:02	95.29	3:59:13	2:30	7	41:09	121	1:06:58
Radfahren 000	93.13	3:09:59	2:02	5	26:10	112	48:59	95.29	3:59:13	2:30	7	41:09	121	1:06:58
Lauf	21.50	2:05:41	5:50	6	26:04	112	47:31	116.79	6:04:54	3:07	7	1:07:13	115	1:52:04