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BESCHORNER, Helmut

000: 2:27:15

00: Süßer Winkel

00: 356

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 27 (of 233)

00000/0: 27 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 5(of 39)

0000000: 2:19:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	29:01	19:20	9	6:26	48	8:25	1.50	29:01	19:20	9	6:26	48	8:25
Wechsel S -> R	0.26	3:15	12:30	20	1:20	94	1:50	1.76	32:16	18:19	10	6:48	54	9:27
Schwimmen 000	1.76	32:16	18:19	10	6:48	54	9:27	1.76	32:16	18:19	10	6:48	54	9:27
Rad netto	40.00	1:09:28	1:44	6	6:07	29	8:15	41.76	1:41:44	2:26	7	10:45	38	15:07
Wechsel R -> L	0.13	1:38	12:33	19	0:44	99	0:55	41.89	1:43:22	2:28	7	11:14	39	16:02
Radfahren 000	40.13	1:11:06	1:46	6	6:36	30	9:10	41.89	1:43:22	2:28	7	11:14	39	16:02
Lauf	10.00	43:53	4:23	5	2:21	29	7:21	51.89	2:27:15	2:50	5	7:21	27	23:05