



0000

MÄCKELMANN, Ralf

000: 6:05:32

00: SVHU Laufenten

00: 98

00: 116.79 km

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

00000/000: 130 (of 154)

00000/0: 117 (of 137)

000000: 4:12:50

0000:

SEN3 / TM 50

00000: 17(of 24)

0000000: 4:34:09

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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	37:37	19:47	18	12:17	110	14:58	1.90	37:37	19:47	18	12:17	110	14:58
Wechsel S -> R	0.26	6:08	23:35	21	4:15	126	4:48	2.16	43:45	20:15	20	16:32	119	19:46
Schwimmen 000	2.16	43:45	20:15	20	16:32	119	19:46	2.16	43:45	20:15	20	16:32	119	19:46
Rad netto	93.00	3:14:48	2:05	21	1:20:13	122	1:20:13	95.16	3:58:33	2:30	20	1:31:17	123	1:31:17
Wechsel R -> L	0.13	3:21	25:46	21	2:15	124	2:40	95.29	4:01:54	2:32	19	1:04:03	123	1:09:39
Radfahren 000	93.13	3:18:09	2:07	22	47:31	124	57:09	95.29	4:01:54	2:32	19	1:04:03	123	1:09:39
Lauf	21.50	2:03:38	5:45	16	33:34	109	45:28	116.79	6:05:32	3:07	17	1:31:23	117	1:52:42