



0000

DÜRRE, Mathias

000: 6:09:03

00: Berlin

00: 66

00: 116.79 km

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

00000/000: 133 (of 154)

00000/0: 119 (of 137)

000000: 4:12:50

0000:

AK4 / TM 35

00000: 20(of 21)

0000000: 4:14:22

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000

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	38:12	20:06	20	12:00	115	15:33	1.90	38:12	20:06	20	12:00	115	15:33
Wechsel S -> R	0.26	3:42	14:13	17	2:19	86	2:22	2.16	41:54	19:23	19	14:19	110	17:55
Schwimmen 000	2.16	41:54	19:23	19	14:19	110	17:55	2.16	41:54	19:23	19	14:19	110	17:55
Rad netto	93.00	3:04:31	1:59	21	44:58	107	1:09:56	95.16	3:46:25	2:22	19	55:37	107	1:19:09
Wechsel R -> L	0.13	2:14	17:10	17	1:23	88	1:33	95.29	3:48:39	2:23	19	56:24	106	56:24
Radfahren 000	93.13	3:06:45	2:00	21	45:45	105	45:45	95.29	3:48:39	2:23	19	56:24	106	56:24
Lauf	21.50	2:20:24	6:31	20	1:00:56	123	1:02:14	116.79	6:09:03	3:09	20	1:54:41	119	1:56:13