



0000

LUBER, Sandra

000: 6:06:27

00: Multisport LOS

00: 145

00: 116.79 km

00000/000: 131 (of 154)

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

00000/0: 14 (of 17)

000000: 5:01:22

0000:

00000: 3(of 4)

AK4 / TW 35

0000000: 5:07:23

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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	1.90	44:38	23:29	4	16:40	16	16:40	1.90	44:38	23:29	4	16:40	16	16:40
Wechsel S -> R	0.26	6:19	24:17	4	3:59	16	4:23	2.16	50:57	23:35	4	20:39	16	20:39
Schwimmen 000	2.16	50:57	23:35	4	20:39	16	20:39	2.16	50:57	23:35	4	20:39	16	20:39
Rad netto	93.00	3:20:09	2:09	3	21:22	14	32:15	95.16	4:11:06	2:38	3	39:43	15	48:23
Wechsel R -> L	0.13	3:23	26:01	3	2:05	15	2:11	95.29	4:14:29	2:40	3	41:48	15	50:04
Radfahren 000	93.13	3:23:32	2:11	3	22:57	14	33:56	95.29	4:14:29	2:40	3	41:48	15	50:04
Lauf	21.50	1:51:58	5:12	3	17:16	8	17:16	116.79	6:06:27	3:08	3	59:04	14	1:05:05