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FRIEDREICH, Eckhard

000: 6:16:50

00: Tri-Finisher Berlin

00: 47

00: 116.79 km

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

00000/000: 137 (of 154)

00000/0: 123 (of 137)

000000: 4:12:50

0000:

SEN8 / TM 75

00000: 1(of 2)

0000000: 6:16:50

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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	34:17	18:02	1	-	77	11:38	1.90	34:17	18:02	1	-	77	11:38
Wechsel S -> R	0.26	4:51	18:39	1	-	115	3:31	2.16	39:08	18:07	1	-	85	15:09
Schwimmen 000	2.16	39:08	18:07	1	-	85	15:09	2.16	39:08	18:07	1	-	85	15:09
Rad netto	93.00	3:28:05	2:14	1	-	131	1:33:30	95.16	4:07:13	2:35	1	-	129	1:39:57
Wechsel R -> L	0.13	2:28	18:58	1	-	105	1:47	95.29	4:09:41	2:37	1	-	127	1:17:26
Radfahren 000	93.13	3:30:33	2:15	1	-	129	1:09:33	95.29	4:09:41	2:37	1	-	127	1:17:26
Lauf	21.50	2:07:09	5:54	1	-	114	48:59	116.79	6:16:50	3:13	1	-	123	2:04:00