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HENKEL, Martin

000: 1:11:42

00: Rolls-Royce

00: 861

00: 32.69 km

Jedermann/Sprint (0,7/28/3,6 km)

00000/000: 4 (of 238)

00000/0: 4 (of 171)

000000: 1:08:20

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00000: 1(of 24)

SEN2 / TM 45

0000000: 1:11:42

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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	0.70	10:39	15:12	2	0:15	14	3:32	0.70	10:39	15:12	2	0:15	14	3:32
Wechsel S -> R	0.26	1:40	6:24	1	-	4	0:26	0.96	12:19	12:49	1	-	6	3:56
Schwimmen 000	0.96	12:19	12:49	1	-	6	3:56	0.96	12:19	12:49	1	-	6	3:56
Rad netto	28.00	46:25	1:39	1	-	9	45:34	28.96	58:44	2:01	1	-	5	42:18
Wechsel R -> L	0.13	0:43	5:30	1	-	5	0:07	29.09	59:27	2:02	1	-	4	2:21
Radfahren 000	28.13	47:08	1:40	1	-	6	1:38	29.09	59:27	2:02	1	-	4	2:21
Lauf	3.60	12:15	3:24	1	-	5	1:01	32.69	1:11:42	2:11	1	-	4	3:22