



0000

DIMDE, Norman

000: 1:14:16

00: Frankfurt Oder

00: 830

00: 32.69 km

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

00000/000: 11 (of 238)

00000/0: 11 (of 171)

000000: 1:08:20

0000:

00000: 2(of 20)

AK3 / TM 30

0000000: 1:13:44

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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	12:33	17:55	5	3:06	55	5:26	0.70	12:33	17:55	5	3:06	55	5:26
Wechsel S -> R	0.26	1:45	6:43	1	-	7	0:31	0.96	14:18	14:53	5	2:31	33	5:55
Schwimmen 000	0.96	14:18	14:53	5	2:31	33	5:55	0.96	14:18	14:53	5	2:31	33	5:55
Rad netto	28.00	46:03	1:38	1	-	6	45:12	28.96	1:00:21	2:05	3	1:08	14	43:55
Wechsel R -> L	0.13	0:47	6:01	3	0:08	12	0:11	29.09	1:01:08	2:06	3	0:53	13	4:02
Radfahren 000	28.13	46:50	1:39	1	-	5	1:20	29.09	1:01:08	2:06	3	0:53	13	4:02
Lauf	3.60	13:08	3:38	2	0:48	20	1:54	32.69	1:14:16	2:16	2	0:32	11	5:56