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RÜCK, Robin

000: 1:14:53

00: BSV Friesen

00: 692

00: 32.69 km

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

00000/000: 13 (of 238)

00000/0: 12 (of 171)

000000: 1:08:20

0000:

männliche Jugend A

00000: 4(of 8)

0000000: 1:08:20

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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	12:17	17:32	4	5:10	48	5:10	0.70	12:17	17:32	4	5:10	48	5:10
Wechsel S -> R	0.26	3:11	12:14	5	1:57	101	1:57	0.96	15:28	16:06	4	7:05	64	7:05
Schwimmen 000	0.96	15:28	16:06	4	7:05	64	7:05	0.96	15:28	16:06	4	7:05	64	7:05
Rad netto	28.00	46:20	1:39	1	-	8	45:29	28.96	1:01:48	2:08	4	5:30	19	45:22
Wechsel R -> L	0.13	0:50	6:24	6	0:06	24	0:14	29.09	1:02:38	2:09	4	5:32	18	5:32
Radfahren 000	28.13	47:10	1:40	1	-	7	1:40	29.09	1:02:38	2:09	4	5:32	18	5:32
Lauf	3.60	12:15	3:24	3	1:01	5	1:01	32.69	1:14:53	2:17	4	6:33	12	6:33