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UEBSCHER, Holger

000: 1:18:16

00: Schönefeld

00: 660

00: 32.69 km

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

00000/000: 29 (of 238)

00000/0: 29 (of 171)

000000: 1:08:20

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00000: 4(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	11:20	16:11	3	0:56	20	4:13	0.70	11:20	16:11	3	0:56	20	4:13
Wechsel S -> R	0.26	3:00	11:32	14	1:20	88	1:46	0.96	14:20	14:55	5	2:01	34	5:57
Schwimmen 000	0.96	14:20	14:55	5	2:01	34	5:57	0.96	14:20	14:55	5	2:01	34	5:57
Rad netto	28.00	48:10	1:43	4	1:45	32	47:19	28.96	1:02:30	2:09	4	3:46	26	46:04
Wechsel R -> L	0.13	1:20	10:15	13	0:37	99	0:44	29.09	1:03:50	2:11	4	4:23	29	6:44
Radfahren 000	28.13	49:30	1:45	4	2:22	33	4:00	29.09	1:03:50	2:11	4	4:23	29	6:44
Lauf	3.60	14:26	4:00	7	2:11	51	3:12	32.69	1:18:16	2:23	4	6:34	29	9:56