



0000

JONELAT, Dirk

000: 1:19:19

00: AOK Nordost

00: 748

00: 32.69 km

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

00000/000: 38 (of 238)

00000/0: 38 (of 171)

000000: 1:08:20

0000:

00000: 8(of 32)

AK4 / TM 35

0000000: 1:12:09

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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	12:29	17:49	13	2:48	54	5:22	0.70	12:29	17:49	13	2:48	54	5:22
Wechsel S -> R	0.26	2:00	7:41	5	0:20	16	0:46	0.96	14:29	15:05	11	2:09	38	6:06
Schwimmen 000	0.96	14:29	15:05	11	2:09	38	6:06	0.96	14:29	15:05	11	2:09	38	6:06
Rad netto	28.00	50:49	1:48	10	6:13	56	49:58	28.96	1:05:18	2:15	10	6:21	49	48:52
Wechsel R -> L	0.13	0:47	6:01	1	-	12	0:11	29.09	1:06:05	2:16	9	6:09	46	8:59
Radfahren 000	28.13	51:36	1:50	10	6:00	53	6:06	29.09	1:06:05	2:16	9	6:09	46	8:59
Lauf	3.60	13:14	3:40	6	1:02	21	2:00	32.69	1:19:19	2:25	8	7:10	38	10:59