



0000

MENDE, Oliver

000: 1:19:29

00: SG Brieselang

00: 864

00: 32.69 km

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

00000/000: 39 (of 238)

00000/0: 39 (of 171)

000000: 1:08:20

0000:

SEN1 / TM 40

00000: 4(of 25)

0000000: 1:13:30

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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	12:02	17:11	3	1:49	35	4:55	0.70	12:02	17:11	3	1:49	35	4:55
Wechsel S -> R	0.26	3:13	12:22	16	1:19	102	1:59	0.96	15:15	15:53	8	2:50	60	6:52
Schwimmen 000	0.96	15:15	15:53	8	2:50	60	6:52	0.96	15:15	15:53	8	2:50	60	6:52
Rad netto	28.00	47:40	1:42	4	46:49	22	46:49	28.96	1:02:55	2:10	4	46:29	35	46:29
Wechsel R -> L	0.13	1:36	12:18	16	0:44	126	1:00	29.09	1:04:31	2:13	3	4:29	38	7:25
Radfahren 000	28.13	49:16	1:45	3	1:39	31	3:46	29.09	1:04:31	2:13	3	4:29	38	7:25
Lauf	3.60	14:58	4:09	11	1:36	68	3:44	32.69	1:19:29	2:25	4	5:59	39	11:09