



0000

TEBNER, Jens

000: 1:19:36

00: LC Michendorf

00: 665

00: 32.69 km

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

00000/000: 41 (of 238)

00000/0: 41 (of 171)

000000: 1:08:20

0000:

00000: 6(of 24)

SEN2 / TM 45

0000000: 1:11:42

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	12:58	18:31	12	2:34	69	5:51	0.70	12:58	18:31	12	2:34	69	5:51	
Wechsel S -> R	0.26	2:18	8:50	4	0:38	35	1:04	0.96	15:16	15:54	9	2:57	61	6:53	
Schwimmen 000	0.96	15:16	15:54	9	2:57	61	6:53	0.96	15:16	15:54	9	2:57	61	6:53	
Rad netto	28.00	49:06	1:45	5	2:41	42	48:15	28.96	1:04:22	2:13	6	5:38	43	47:56	
Wechsel R -> L	0.13	1:04	8:12	5	0:21	57	0:28	29.09	1:05:26	2:14	6	5:59	41	8:20	
Radfahren 000	28.13	50:10	1:47	5	3:02	41	4:40	29.09	1:05:26	2:14	6	5:59	41	8:20	
Lauf	3.60	14:10	3:56	6	1:55	48	2:56	32.69	1:19:36	2:26	6	7:54	41	11:16	