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MORITZ, Sebastian

000: 1:20:50

00: Berlin Strength

00: 761

00: 32.69 km

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

00000/000: 48 (of 238)

00000/0: 48 (of 171)

000000: 1:08:20

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AK1 / TM 20

00000: 2(of 6)

0000000: 1:17:46

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	12:14	17:28	2	0:16	45	5:07	0.70	12:14	17:28	2	0:16	45	5:07
Wechsel S -> R	0.26	2:37	10:03	4	0:25	63	1:23	0.96	14:51	15:28	2	0:18	47	6:28
Schwimmen 000	0.96	14:51	15:28	2	0:18	47	6:28	0.96	14:51	15:28	2	0:18	47	6:28
Rad netto	28.00	50:54	1:49	3	3:02	58	50:03	28.96	1:05:45	2:16	2	2:44	51	49:19
Wechsel R -> L	0.13	1:10	8:58	5	0:28	71	0:34	29.09	1:06:55	2:18	2	3:06	50	9:49
Radfahren 000	28.13	52:04	1:51	3	3:24	58	6:34	29.09	1:06:55	2:18	2	3:06	50	9:49
Lauf	3.60	13:55	3:51	3	1:40	43	2:41	32.69	1:20:50	2:28	2	3:04	48	12:30