



0000

WIEGAND, Tim

000: 1:20:51

00: NRC

00: 876

00: 32.69 km

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

00000/000: 49 (of 238)

00000/0: 49 (of 171)

000000: 1:08:20

0000:

AK1 / TM 20

00000: 3(of 6)

0000000: 1:17:46

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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	11:58	17:05	1	-	32	4:51	0.70	11:58	17:05	1	-	32	4:51
Wechsel S -> R	0.26	2:35	9:56	2	0:23	56	1:21	0.96	14:33	15:09	1	-	39	6:10
Schwimmen 000	0.96	14:33	15:09	1	-	39	6:10	0.96	14:33	15:09	1	-	39	6:10
Rad netto	28.00	53:12	1:54	5	5:20	82	52:21	28.96	1:07:45	2:20	3	4:44	63	51:19
Wechsel R -> L	0.13	0:51	6:32	4	0:09	26	0:15	29.09	1:08:36	2:21	3	4:47	62	11:30
Radfahren 000	28.13	54:03	1:55	5	5:23	77	8:33	29.09	1:08:36	2:21	3	4:47	62	11:30
Lauf	3.60	12:15	3:24	1	-	5	1:01	32.69	1:20:51	2:28	3	3:05	49	12:31