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RÖCKER, Ronny

000: 1:21:38

00: zehlendorfer eichhörnchen

00: 774

Enduro U13

00000/000: 54 (of 238)

00000/0: 52 (of 171)

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SEN6 / TM 65

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	12:25	17:44	1	-	52	5:18	0.70	12:25	17:44	1	-	52	5:18
Wechsel S -> R	0.26	3:08	12:03	1	-	93	1:54	0.96	15:33	16:11	1	-	68	7:10
Schwimmen 000	0.96	15:33	16:11	1	-	68	7:10	0.96	15:33	16:11	1	-	68	7:10
Rad netto	28.00	51:46	1:50	1	-	64	50:55	28.96	1:07:19	2:19	1	-	60	50:53
Wechsel R -> L	0.13	0:59	7:33	1	-	43	0:23	29.09	1:08:18	2:20	1	-	58	11:12
Radfahren 000	28.13	52:45	1:52	1	-	63	7:15	29.09	1:08:18	2:20	1	-	58	11:12
Lauf	3.60	13:20	3:42	1	-	24	2:06	-	1:21:38	-	1	-	52	13:18