



0000

HARTMANN, Thomas

000: 1:22:42

00: Zehlendorfer Wespen

00: 729

00: 32.69 km

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

00000/000: 58 (of 238)

00000/0: 56 (of 171)

000000: 1:08:20

0000:

SEN3 / TM 50

00000: 9(of 20)

0000000: 1:12:01

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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	12:05	17:15	7	2:00	37	4:58	0.70	12:05	17:15	7	2:00	37	4:58
Wechsel S -> R	0.26	2:19	8:54	8	0:32	37	1:05	0.96	14:24	15:00	7	2:03	37	6:01
Schwimmen 000	0.96	14:24	15:00	7	2:03	37	6:01	0.96	14:24	15:00	7	2:03	37	6:01
Rad netto	28.00	51:35	1:50	11	5:34	61	50:44	28.96	1:05:59	2:16	9	7:06	52	49:33
Wechsel R -> L	0.13	1:08	8:43	10	0:20	68	0:32	29.09	1:07:07	2:18	9	7:25	51	10:01
Radfahren 000	28.13	52:43	1:52	11	5:53	61	7:13	29.09	1:07:07	2:18	9	7:25	51	10:01
Lauf	3.60	15:35	4:19	9	3:16	85	4:21	32.69	1:22:42	2:31	9	10:41	56	14:22