



0000

DUBIEL, Steffen

000: 1:23:11

00: Potsdam

00: 765

00: 32.69 km

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

00000/000: 62 (of 238)

00000/0: 59 (of 171)

000000: 1:08:20

0000:

00000: 9(of 24)

SEN2 / TM 45

0000000: 1:11:42

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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	11:23	16:15	4	0:59	22	4:16	0.70	11:23	16:15	4	0:59	22	4:16
Wechsel S -> R	0.26	2:59	11:28	13	1:19	85	1:45	0.96	14:22	14:57	6	2:03	36	5:59
Schwimmen 000	0.96	14:22	14:57	6	2:03	36	5:59	0.96	14:22	14:57	6	2:03	36	5:59
Rad netto	28.00	50:21	1:47	8	3:56	52	49:30	28.96	1:04:43	2:14	7	5:59	44	48:17
Wechsel R -> L	0.13	1:17	9:52	10	0:34	95	0:41	29.09	1:06:00	2:16	7	6:33	45	8:54
Radfahren 000	28.13	51:38	1:50	8	4:30	54	6:08	29.09	1:06:00	2:16	7	6:33	45	8:54
Lauf	3.60	17:11	4:46	17	4:56	127	5:57	32.69	1:23:11	2:32	9	11:29	59	14:51