



0000

LIPPOLD, Ole

000: 1:23:13

00: Berlin

00: 826

Enduro U13

00000/000: 63 (of 238)

00000/0: 60 (of 171)

000000: 1:08:20

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00000: 11(of 32)

AK4 / TM 35

0000000: 1:12:09

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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	9:41	13:50	1	-	5	2:34	0.70	9:41	13:50	1	-	5	2:34
Wechsel S -> R	0.26	3:05	11:51	19	1:25	92	1:51	0.96	12:46	13:17	2	0:26	13	4:23
Schwimmen 000	0.96	12:46	13:17	2	0:26	13	4:23	0.96	12:46	13:17	2	0:26	13	4:23
Rad netto	28.00	54:17	1:56	20	9:41	92	53:26	28.96	1:07:03	2:18	12	8:06	58	50:37
Wechsel R -> L	0.13	1:20	10:15	15	0:33	99	0:44	29.09	1:08:23	2:21	12	8:27	60	11:17
Radfahren 000	28.13	55:37	1:58	21	10:01	91	10:07	29.09	1:08:23	2:21	12	8:27	60	11:17
Lauf	3.60	14:50	4:07	9	2:38	62	3:36	-	1:23:13	-	11	11:04	60	14:53