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GRUMM, Florian

000: 1:23:32

00: Verein Berliner Segler e.V.

00: 752

00: 32.69 km

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

00000/000: 65 (of 238)

00000/0: 62 (of 171)

000000: 1:08:20

0000:

AK3 / TM 30

00000: 6(of 20)

0000000: 1:13:44

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	10:37	15:10	3	1:10	13	3:30	0.70	10:37	15:10	3	1:10	13	3:30
Wechsel S -> R	0.26	2:45	10:34	6	1:00	71	1:31	0.96	13:22	13:55	4	1:35	21	4:59
Schwimmen 000	0.96	13:22	13:55	4	1:35	21	4:59	0.96	13:22	13:55	4	1:35	21	4:59
Rad netto	28.00	54:33	1:56	9	8:30	95	53:42	28.96	1:07:55	2:20	5	8:42	66	51:29
Wechsel R -> L	0.13	1:10	8:58	10	0:31	71	0:34	29.09	1:09:05	2:22	6	8:50	67	11:59
Radfahren 000	28.13	55:43	1:58	9	8:53	93	10:13	29.09	1:09:05	2:22	6	8:50	67	11:59
Lauf	3.60	14:27	4:00	9	2:07	54	3:13	32.69	1:23:32	2:33	6	9:48	62	15:12