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WESTPFAHL, Rainer

000: 1:23:43

00: SV Wasserfreunde Brandenburg

00: 698

Enduro U13

00000/000: 66 (of 238)

00000/0: 63 (of 171)

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00000: 5(of 13)

SEN4 / TM 55

0000000: 1:18:37

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	16:23	23:24	11	4:31	137	9:16	0.70	16:23	23:24	11	4:31	137	9:16
Wechsel S -> R	0.26	2:02	7:49	1	-	17	0:48	0.96	18:25	19:11	8	4:09	105	10:02
Schwimmen 000	0.96	18:25	19:11	8	4:09	105	10:02	0.96	18:25	19:11	8	4:09	105	10:02
Rad netto	28.00	47:39	1:42	1	-	21	46:48	28.96	1:06:04	2:16	3	3:23	53	49:38
Wechsel R -> L	0.13	1:10	8:58	3	0:34	71	0:34	29.09	1:07:14	2:18	3	3:28	52	10:08
Radfahren 000	28.13	48:49	1:44	1	-	23	3:19	29.09	1:07:14	2:18	3	3:28	52	10:08
Lauf	3.60	16:29	4:34	6	3:25	109	5:15	-	1:23:43	-	5	5:06	63	15:23