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MIETHKE, Ricarda

000: 1:21:00

00: Berlin

00: 780

00: 32.69 km

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

00000/000: 50 (of 238)

00000/0: 1 (of 67)

000000: 1:21:00

0000:

AK3 / TW 30

00000: 1(of 11)

0000000: 1:21:00

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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	9:48	14:00	1	-	1	-	0.70	9:48	14:00	1	-	1	-
Wechsel S -> R	0.26	2:03	7:53	1	-	2	0:04	0.96	11:51	12:20	1	-	1	-
Schwimmen 000	0.96	11:51	12:20	1	-	1	-	0.96	11:51	12:20	1	-	1	-
Rad netto	28.00	53:12	1:54	2	0:40	5	1:22	28.96	1:05:03	2:14	1	-	1	-
Wechsel R -> L	0.13	0:52	6:40	1	-	5	0:11	29.09	1:05:55	2:15	1	-	1	-
Radfahren 000	28.13	54:04	1:55	2	0:18	3	0:45	29.09	1:05:55	2:15	1	-	1	-
Lauf	3.60	15:05	4:11	4	1:02	10	1:24	32.69	1:21:00	2:28	1	-	1	-