



0000

LINKE, Stefan

000: 1:24:40

00: Berlin

00: 656

00: 32.69 km

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

00000/000: 70 (of 238)

00000/0: 66 (of 171)

000000: 1:08:20

0000:

AK3 / TM 30

00000: 7(of 20)

0000000: 1:13:44

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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	14:48	21:08	11	5:21	101	7:41	0.70	14:48	21:08	11	5:21	101	7:41
Wechsel S -> R	0.26	4:15	16:20	15	2:30	137	3:01	0.96	19:03	19:50	11	7:16	116	10:40
Schwimmen 000	0.96	19:03	19:50	11	7:16	116	10:40	0.96	19:03	19:50	11	7:16	116	10:40
Rad netto	28.00	51:35	1:50	7	5:32	61	50:44	28.96	1:10:38	2:26	8	11:25	80	54:12
Wechsel R -> L	0.13	0:39	5:00	1	-	2	0:03	29.09	1:11:17	2:27	8	11:02	81	14:11
Radfahren 000	28.13	52:14	1:51	7	5:24	59	6:44	29.09	1:11:17	2:27	8	11:02	81	14:11
Lauf	3.60	13:23	3:43	3	1:03	26	2:09	32.69	1:24:40	2:35	7	10:56	66	16:20