



0000

KNÄPPER, Dirk

000: 1:25:29

00: Six laufende Systeme

00: 886

00: 32.69 km

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

00000/000: 77 (of 238)

00000/0: 71 (of 171)

000000: 1:08:20

0000:

00000: 11(of 24)

SEN2 / TM 45

0000000: 1:11:42

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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	11:43	16:44	7	1:19	28	4:36	0.70	11:43	16:44	7	1:19	28	4:36
Wechsel S -> R	0.26	2:22	9:06	5	0:42	41	1:08	0.96	14:05	14:40	4	1:46	27	5:42
Schwimmen 000	0.96	14:05	14:40	4	1:46	27	5:42	0.96	14:05	14:40	4	1:46	27	5:42
Rad netto	28.00	52:33	1:52	13	6:08	73	51:42	28.96	1:06:38	2:18	9	7:54	55	50:12
Wechsel R -> L	0.13	1:41	12:56	17	0:58	133	1:05	29.09	1:08:19	2:20	11	8:52	59	11:13
Radfahren 000	28.13	54:14	1:55	13	7:06	79	8:44	29.09	1:08:19	2:20	11	8:52	59	11:13
Lauf	3.60	17:10	4:46	16	4:55	126	5:56	32.69	1:25:29	2:36	11	13:47	71	17:09