



0000

ZACHRAU, Zachrau

000: 1:26:01

00: Berlin

00: 681

00: 32.69 km

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

00000/000: 82 (of 238)

00000/0: 75 (of 171)

000000: 1:08:20

0000:

AK4 / TM 35

00000: 13(of 32)

0000000: 1:12:09

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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	13:00	18:34	17	3:19	71	5:53	0.70	13:00	18:34	17	3:19	71	5:53
Wechsel S -> R	0.26	6:45	25:57	30	5:05	165	5:31	0.96	19:45	20:34	26	7:25	128	11:22
Schwimmen 000	0.96	19:45	20:34	26	7:25	128	11:22	0.96	19:45	20:34	26	7:25	128	11:22
Rad netto	28.00	49:03	1:45	8	4:27	41	48:12	28.96	1:08:48	2:22	14	9:51	74	52:22
Wechsel R -> L	0.13	2:09	16:32	29	1:22	152	1:33	29.09	1:10:57	2:26	17	11:01	77	13:51
Radfahren 000	28.13	51:12	1:49	8	5:36	47	5:42	29.09	1:10:57	2:26	17	11:01	77	13:51
Lauf	3.60	15:04	4:11	11	2:52	72	3:50	32.69	1:26:01	2:37	13	13:52	75	17:41