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WERNER, Dirk

000: 1:26:14

00: Hamster e.v

00: 816

00: 32.69 km

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

00000/000: 86 (of 238)

00000/0: 78 (of 171)

000000: 1:08:20

0000:

00000: 10(of 25)

SEN1 / TM 40

0000000: 1:13:30

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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	13:09	18:47	10	2:56	77	6:02	0.70	13:09	18:47	10	2:56	77	6:02
Wechsel S -> R	0.26	2:26	9:21	9	0:32	49	1:12	0.96	15:35	16:13	9	3:10	69	7:12
Schwimmen 000	0.96	15:35	16:13	9	3:10	69	7:12	0.96	15:35	16:13	9	3:10	69	7:12
Rad netto	28.00	0:51	0:01	1	-	1	-	28.96	16:26	0:34	1	-	1	-
Wechsel R -> L	0.13	52:51	406:32	25	51:59	165	52:15	29.09	1:09:17	2:22	8	9:15	71	12:11
Radfahren 000	28.13	53:42	1:54	9	6:05	75	8:12	29.09	1:09:17	2:22	8	9:15	71	12:11
Lauf	3.60	16:57	4:42	19	3:35	120	5:43	32.69	1:26:14	2:38	10	12:44	78	17:54