



0000

## Sportsocken

000: 1:23:42

00: Sportsocken

00: 941

00: 32.69 km

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

00000/000: 6 (of 26)

00000/000: 6 (of 26)

000000: 1:13:14

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00000: 6(of 26)

Staffel Sprint

0000000: 1:13:14

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	15:45	22:30	18	5:09	18	5:09	0.70	15:45	22:30	18	5:09	18	5:09
Wechsel S -> R	0.26	1:29	5:42	10	0:22	10	0:22	0.96	17:14	17:57	17	5:29	17	5:29
Schwimmen 000	0.96	17:14	17:57	17	5:29	17	5:29	0.96	17:14	17:57	17	5:29	17	5:29
Rad netto	28.00	50:44	1:48	4	3:46	4	3:46	28.96	1:07:58	2:20	7	8:36	7	8:36
Wechsel R -> L	0.13	1:16	9:44	20	0:41	20	0:41	29.09	1:09:14	2:22	8	9:11	8	9:11
Radfahren 000	28.13	52:00	1:50	4	4:22	4	4:22	29.09	1:09:14	2:22	8	9:11	8	9:11
Lauf	3.60	14:28	4:01	7	2:19	7	2:19	32.69	1:23:42	2:33	6	10:28	6	10:28