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VOGEL, Swen

000: 1:27:01

00: SV Sachsen 90 Werdau  
00: 757

00: 32.69 km  
Jedermann/Sprint (0,7/28/3,6 km)

00000/000: 91 (of 238)

00000/0: 80 (of 171)

000000: 1:08:20

0000:  
SEN4 / TM 55

00000: 6(of 13)

0000000: 1:18:37

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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	12:54	18:25	3	1:02	65	5:47	0.70	12:54	18:25	3	1:02	65	5:47
Wechsel S -> R	0.26	2:36	10:00	4	0:34	60	1:22	0.96	15:30	16:08	4	1:14	65	7:07
Schwimmen 000	0.96	15:30	16:08	4	1:14	65	7:07	0.96	15:30	16:08	4	1:14	65	7:07
Rad netto	28.00	51:57	1:51	5	4:18	66	51:06	28.96	1:07:27	2:19	5	4:46	62	51:01
Wechsel R -> L	0.13	1:28	11:16	7	0:52	115	0:52	29.09	1:08:55	2:22	5	5:09	65	11:49
Radfahren 000	28.13	53:25	1:53	6	4:36	72	7:55	29.09	1:08:55	2:22	5	5:09	65	11:49
Lauf	3.60	18:06	5:01	10	5:02	140	6:52	32.69	1:27:01	2:39	6	8:24	80	18:41