



0000

STRELOW-JACOB, Grit

000: 1:24:11

00: Bernauer Lauffreunde

00: 890

Enduro U13

00000/000: 69 (of 238)

00000/0: 4 (of 67)

000000: 1:21:00

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00000: 2(of 7)

SEN3 / TW 50

0000000: 1:22:22

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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	11:47	16:50	2	1:06	4	1:59	0.70	11:47	16:50	2	1:06	4	1:59
Wechsel S -> R	0.26	2:54	11:09	2	0:21	18	0:55	0.96	14:41	15:17	2	1:06	6	2:50
Schwimmen 000	0.96	14:41	15:17	2	1:06	6	2:50	0.96	14:41	15:17	2	1:06	6	2:50
Rad netto	28.00	53:23	1:54	3	1:33	6	1:33	28.96	1:08:04	2:21	2	2:39	4	3:01
Wechsel R -> L	0.13	1:13	9:21	3	0:13	23	0:32	29.09	1:09:17	2:22	2	2:23	4	3:22
Radfahren 000	28.13	54:36	1:56	3	1:17	5	1:17	29.09	1:09:17	2:22	2	2:23	4	3:22
Lauf	3.60	14:54	4:08	1	-	8	1:13	-	1:24:11	-	2	1:49	4	3:11