



0000

SCHUHMACHER, Ulf

000: 1:26:11

00: Hessenwinkler Old Boys

00: 776

00: 32.69 km

00000/000: 84 (of 238)

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

00000/0: 76 (of 171)

000000: 1:08:20

0000:

00000: 12(of 24)

SEN2 / TM 45

0000000: 1:11:42

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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	13:00	18:34	13	2:36	71	5:53	0.70	13:00	18:34	13	2:36	71	5:53
Wechsel S -> R	0.26	3:08	12:03	15	1:28	93	1:54	0.96	16:08	16:48	13	3:49	73	7:45
Schwimmen 000	0.96	16:08	16:48	13	3:49	73	7:45	0.96	16:08	16:48	13	3:49	73	7:45
Rad netto	28.00	52:10	1:51	12	5:45	70	51:19	28.96	1:08:18	2:21	12	9:34	71	51:52
Wechsel R -> L	0.13	1:18	10:00	11	0:35	96	0:42	29.09	1:09:36	2:23	12	10:09	73	12:30
Radfahren 000	28.13	53:28	1:54	12	6:20	73	7:58	29.09	1:09:36	2:23	12	10:09	73	12:30
Lauf	3.60	16:35	4:36	13	4:20	112	5:21	32.69	1:26:11	2:38	12	14:29	76	17:51