



0000

**BENEKE, Dagmar**

000: 1:25:31

00: Berlin

00: 666

00: 32.69 km

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

00000/000: 79 (of 238)

00000/0: 7 (of 67)

000000: 1:21:00

0000:

SEN3 / TW 50

00000: 3(of 7)

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	13:52	19:48	3	3:11	14	4:04	0.70	13:52	19:48	3	3:11	14	4:04
Wechsel S -> R	0.26	2:33	9:48	1	-	10	0:34	0.96	16:25	17:06	3	2:50	11	4:34
Schwimmen 000	0.96	16:25	17:06	3	2:50	11	4:34	0.96	16:25	17:06	3	2:50	11	4:34
Rad netto	28.00	52:26	1:52	2	0:36	2	0:36	28.96	1:08:51	2:22	3	3:26	6	3:48
Wechsel R -> L	0.13	1:40	12:49	6	0:40	48	0:59	29.09	1:10:31	2:25	3	3:37	7	4:36
Radfahren 000	28.13	54:06	1:55	2	0:47	4	0:47	29.09	1:10:31	2:25	3	3:37	7	4:36
Lauf	3.60	15:00	4:10	2	0:06	9	1:19	32.69	1:25:31	2:36	3	3:09	7	4:31