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KLAUS, Michael

000: 1:29:09

00: Triathlonbande BB

00: 713

00: 32.69 km

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

00000/000: 102 (of 238)

00000/0: 87 (of 171)

000000: 1:08:20

0000:

SEN1 / TM 40

00000: 11(of 25)

0000000: 1:13:30

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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	14:31	20:44	14	4:18	97	7:24	0.70	14:31	20:44	14	4:18	97	7:24
Wechsel S -> R	0.26	3:10	12:10	15	1:16	99	1:56	0.96	17:41	18:25	13	5:16	93	9:18
Schwimmen 000	0.96	17:41	18:25	13	5:16	93	9:18	0.96	17:41	18:25	13	5:16	93	9:18
Rad netto	28.00	55:20	1:58	15	54:29	104	54:29	28.96	1:13:01	2:31	14	56:35	100	56:35
Wechsel R -> L	0.13	1:15	9:36	11	0:23	89	0:39	29.09	1:14:16	2:33	13	14:14	98	17:10
Radfahren 000	28.13	56:35	2:00	14	8:58	103	11:05	29.09	1:14:16	2:33	13	14:14	98	17:10
Lauf	3.60	14:53	4:08	10	1:31	66	3:39	32.69	1:29:09	2:43	11	15:39	87	20:49