



0000

KLATT, Sebastian

000: 1:29:26

00: Berlin

00: 643

00: 32.69 km

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

00000/000: 104 (of 238)

00000/0: 89 (of 171)

000000: 1:08:20

0000:

AK2 / TM 25

00000: 5(of 13)

0000000: 1:10:09

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000

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	16:29	23:32	8	5:50	139	9:22	0.70	16:29	23:32	8	5:50	139	9:22
Wechsel S -> R	0.26	2:30	9:36	2	0:53	54	1:16	0.96	18:59	19:46	6	6:43	114	10:36
Schwimmen 000	0.96	18:59	19:46	6	6:43	114	10:36	0.96	18:59	19:46	6	6:43	114	10:36
Rad netto	28.00	52:36	1:52	5	7:46	75	51:45	28.96	1:11:35	2:28	5	14:29	88	55:09
Wechsel R -> L	0.13	3:00	23:04	11	2:20	159	2:24	29.09	1:14:35	2:33	6	16:49	104	17:29
Radfahren 000	28.13	55:36	1:58	5	10:06	89	10:06	29.09	1:14:35	2:33	6	16:49	104	17:29
Lauf	3.60	14:51	4:07	5	2:50	63	3:37	32.69	1:29:26	2:44	5	19:17	89	21:06