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RÜHMANN, Ulrike

000: 1:26:11

00: TuS Neukölln Berlin

00: 772

00: 32.69 km

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

00000/000: 85 (of 238)

00000/0: 8 (of 67)

000000: 1:21:00

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00000: 1(of 4)

AK1 / TW 20

0000000: 1:26:11

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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	9:57	14:12	1	-	2	0:09	0.70	9:57	14:12	1	-	2	0:09
Wechsel S -> R	0.26	1:59	7:37	1	-	1	-	0.96	11:56	12:25	1	-	2	0:05
Schwimmen 000	0.96	11:56	12:25	1	-	2	0:05	0.96	11:56	12:25	1	-	2	0:05
Rad netto	28.00	57:14	2:02	2	2:25	16	5:24	28.96	1:09:10	2:23	2	0:04	8	4:07
Wechsel R -> L	0.13	0:53	6:47	1	-	6	0:12	29.09	1:10:03	2:24	1	-	5	4:08
Radfahren 000	28.13	58:07	2:03	2	1:58	15	4:48	29.09	1:10:03	2:24	1	-	5	4:08
Lauf	3.60	16:08	4:28	1	-	16	2:27	32.69	1:26:11	2:38	1	-	8	5:11