



0000

BACKS, Christine

000: 1:26:40

00: Berlin

00: 669

00: 32.69 km

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

00000/000: 88 (of 238)

00000/0: 10 (of 67)

000000: 1:21:00

0000:

AK3 / TW 30

00000: 3(of 11)

0000000: 1:21:00

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	14:08	20:11	4	4:20	16	4:20	0.70	14:08	20:11	4	4:20	16	4:20
Wechsel S -> R	0.26	2:17	8:46	3	0:14	4	0:18	0.96	16:25	17:06	3	4:34	11	4:34
Schwimmen 000	0.96	16:25	17:06	3	4:34	11	4:34	0.96	16:25	17:06	3	4:34	11	4:34
Rad netto	28.00	54:00	1:55	3	1:28	9	2:10	28.96	1:10:25	2:25	3	5:22	13	5:22
Wechsel R -> L	0.13	1:10	8:58	4	0:18	18	0:29	29.09	1:11:35	2:27	3	5:40	12	5:40
Radfahren 000	28.13	55:10	1:57	3	1:24	9	1:51	29.09	1:11:35	2:27	3	5:40	12	5:40
Lauf	3.60	15:05	4:11	4	1:02	10	1:24	32.69	1:26:40	2:39	3	5:40	10	5:40