



0000

Tina+Silke

000: 1:26:35

00: Tina+Silke

00: 937

00: 32.69 km

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

00000/000: 10 (of 26)

00000/000: 10 (of 26)

000000: 1:13:14

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00000: 10(of 26)

Staffel Sprint

0000000: 1:13:14

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	12:27	17:47	6	1:51	6	1:51	0.70	12:27	17:47	6	1:51	6	1:51
Wechsel S -> R	0.26	3:23	13:00	23	2:16	23	2:16	0.96	15:50	16:29	13	4:05	13	4:05
Schwimmen 000	0.96	15:50	16:29	13	4:05	13	4:05	0.96	15:50	16:29	13	4:05	13	4:05
Rad netto	28.00	52:22	1:52	5	5:24	5	5:24	28.96	1:08:12	2:21	9	8:50	9	8:50
Wechsel R -> L	0.13	1:09	8:50	19	0:34	19	0:34	29.09	1:09:21	2:23	9	9:18	9	9:18
Radfahren 000	28.13	53:31	1:54	6	5:53	6	5:53	29.09	1:09:21	2:23	9	9:18	9	9:18
Lauf	3.60	17:14	4:47	17	5:05	17	5:05	32.69	1:26:35	2:38	10	13:21	10	13:21