



0000

LUCZAK, Florian

000: 1:29:56

00: Berlin

00: 642

00: 32.69 km

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

00000/000: 108 (of 238)

00000/0: 92 (of 171)

000000: 1:08:20

0000:

AK4 / TM 35

00000: 20(of 32)

0000000: 1:12:09

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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	12:12	17:25	12	2:31	42	5:05	0.70	12:12	17:25	12	2:31	42	5:05
Wechsel S -> R	0.26	3:24	13:04	22	1:44	111	2:10	0.96	15:36	16:15	16	3:16	70	7:13
Schwimmen 000	0.96	15:36	16:15	16	3:16	70	7:13	0.96	15:36	16:15	16	3:16	70	7:13
Rad netto	28.00	57:24	2:02	24	12:48	124	56:33	28.96	1:13:00	2:31	22	14:03	99	56:34
Wechsel R -> L	0.13	1:29	11:24	22	0:42	116	0:53	29.09	1:14:29	2:33	25	14:33	101	17:23
Radfahren 000	28.13	58:53	2:05	26	13:17	121	13:23	29.09	1:14:29	2:33	25	14:33	101	17:23
Lauf	3.60	15:27	4:17	17	3:15	81	4:13	32.69	1:29:56	2:45	20	17:47	92	21:36