



0000

WOLTER, Clemens

000: 1:30:11

00: Erkner

00: 661

00: 32.69 km

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

00000/000: 110 (of 238)

00000/0: 94 (of 171)

000000: 1:08:20

0000:

SEN1 / TM 40

00000: 13(of 25)

0000000: 1:13:30

0000

0000

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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	12:37	18:01	5	2:24	57	5:30	0.70	12:37	18:01	5	2:24	57	5:30
Wechsel S -> R	0.26	4:23	16:51	21	2:29	145	3:09	0.96	17:00	17:42	11	4:35	82	8:37
Schwimmen 000	0.96	17:00	17:42	11	4:35	82	8:37	0.96	17:00	17:42	11	4:35	82	8:37
Rad netto	28.00	55:53	1:59	17	55:02	109	55:02	28.96	1:12:53	2:31	13	56:27	98	56:27
Wechsel R -> L	0.13	1:40	12:49	18	0:48	132	1:04	29.09	1:14:33	2:33	14	14:31	103	17:27
Radfahren 000	28.13	57:33	2:02	16	9:56	108	12:03	29.09	1:14:33	2:33	14	14:31	103	17:27
Lauf	3.60	15:38	4:20	12	2:16	86	4:24	32.69	1:30:11	2:45	13	16:41	94	21:51