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JENSCH, Carsten

000: 1:30:33

00: BSG Spielbank Berlin

00: 647

00: 32.69 km

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

00000/000: 111 (of 238)

00000/0: 95 (of 171)

000000: 1:08:20

0000:

00000: 21(of 32)

AK4 / TM 35

0000000: 1:12:09

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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	15:43	22:27	24	6:02	123	8:36	0.70	15:43	22:27	24	6:02	123	8:36
Wechsel S -> R	0.26	2:56	11:16	16	1:16	82	1:42	0.96	18:39	19:25	21	6:19	110	10:16
Schwimmen 000	0.96	18:39	19:25	21	6:19	110	10:16	0.96	18:39	19:25	21	6:19	110	10:16
Rad netto	28.00	54:26	1:56	21	9:50	93	53:35	28.96	1:13:05	2:31	23	14:08	101	56:39
Wechsel R -> L	0.13	1:23	10:38	17	0:36	106	0:47	29.09	1:14:28	2:33	24	14:32	100	17:22
Radfahren 000	28.13	55:49	1:59	22	10:13	95	10:19	29.09	1:14:28	2:33	24	14:32	100	17:22
Lauf	3.60	16:05	4:28	21	3:53	99	4:51	32.69	1:30:33	2:46	21	18:24	95	22:13