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FRIEDRICH, Jana

000: 1:28:19

00: Berlin

00: 843

Enduro U13

00000/000: 97 (of 238)

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SEN2 / TW 45

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	13:48	19:42	2	0:52	13	4:00	0.70	13:48	19:42	2	0:52	13	4:00
Wechsel S -> R	0.26	2:37	10:03	2	0:18	11	0:38	0.96	16:25	17:06	2	1:10	11	4:34
Schwimmen 000	0.96	16:25	17:06	2	1:10	11	4:34	0.96	16:25	17:06	2	1:10	11	4:34
Rad netto	28.00	53:55	1:55	1	-	8	2:05	28.96	1:10:20	2:25	2	0:31	12	5:17
Wechsel R -> L	0.13	1:42	13:04	7	0:30	50	1:01	29.09	1:12:02	2:28	2	0:50	13	6:07
Radfahren 000	28.13	55:37	1:58	1	-	10	2:18	29.09	1:12:02	2:28	2	0:50	13	6:07
Lauf	3.60	16:17	4:31	2	1:11	17	2:36	-	1:28:19	-	1	-	12	7:19