



0000

STÖCKIGT, Jan

000: 1:31:28

00: Berlin

00: 707

00: 32.69 km

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

00000/000: 121 (of 238)

00000/0: 104 (of 171)

000000: 1:08:20

0000:

00000: 16(of 25)

SEN1 / TM 40

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	15:18	21:51	18	5:05	114	8:11	0.70	15:18	21:51	18	5:05	114	8:11
Wechsel S -> R	0.26	2:39	10:11	10	0:45	65	1:25	0.96	17:57	18:41	14	5:32	97	9:34
Schwimmen 000	0.96	17:57	18:41	14	5:32	97	9:34	0.96	17:57	18:41	14	5:32	97	9:34
Rad netto	28.00	54:32	1:56	13	53:41	94	53:41	28.96	1:12:29	2:30	12	56:03	93	56:03
Wechsel R -> L	0.13	1:30	11:32	15	0:38	117	0:54	29.09	1:13:59	2:32	12	13:57	94	16:53
Radfahren 000	28.13	56:02	1:59	13	8:25	99	10:32	29.09	1:13:59	2:32	12	13:57	94	16:53
Lauf	3.60	17:29	4:51	24	4:07	136	6:15	32.69	1:31:28	2:47	16	17:58	104	23:08