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TALI, Carola

000: 1:29:06

00: BSV Friesen

00: 779

00: 32.69 km

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

00000/000: 100 (of 238)

00000/0: 15 (of 67)

000000: 1:21:00

0000:

SEN2 / TW 45

00000: 2(of 7)

0000000: 1:28:19

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	12:56	18:28	1	-	9	3:08	0.70	12:56	18:28	1	-	9	3:08	
Wechsel S -> R	0.26	2:19	8:54	1	-	5	0:20	0.96	15:15	15:53	1	-	7	3:24	
Schwimmen 000	0.96	15:15	15:53	1	-	7	3:24	0.96	15:15	15:53	1	-	7	3:24	
Rad netto	28.00	54:34	1:56	2	0:39	12	2:44	28.96	1:09:49	2:24	1	-	10	4:46	
Wechsel R -> L	0.13	1:23	10:38	3	0:11	38	0:42	29.09	1:11:12	2:26	1	-	11	5:17	
Radfahren 000	28.13	55:57	1:59	2	0:20	12	2:38	29.09	1:11:12	2:26	1	-	11	5:17	
Lauf	3.60	17:54	4:58	3	2:48	37	4:13	32.69	1:29:06	2:43	2	0:47	15	8:06	