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BIELEFELDT, Jonas

000: 2:30:24

00: Berlin

00: 357

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 41 (of 233)

00000/0: 41 (of 179)

000000: 2:04:10

0000:

00000: 7(of 23)

AK3 / TM 30

0000000: 2:04:10

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.50	27:42	18:27	7	6:37	31	7:06	1.50	27:42	18:27	7	6:37	31	7:06
Wechsel S -> R	0.26	2:10	8:19	5	0:45	22	0:45	1.76	29:52	16:58	7	6:12	29	7:03
Schwimmen 000	1.76	29:52	16:58	7	6:12	29	7:03	1.76	29:52	16:58	7	6:12	29	7:03
Rad netto	40.00	1:09:33	1:44	4	8:20	30	8:20	41.76	1:39:25	2:22	5	12:48	25	12:48
Wechsel R -> L	0.13	0:54	6:55	3	0:11	6	0:11	41.89	1:40:19	2:23	5	12:59	23	12:59
Radfahren 000	40.13	1:10:27	1:45	4	8:31	26	8:31	41.89	1:40:19	2:23	5	12:59	23	12:59
Lauf	10.00	50:05	5:00	10	13:15	93	13:33	51.89	2:30:24	2:53	7	26:14	41	26:14