



0000

SCHMIDT, Dina

000: 1:29:35

00: PTC-BERLIN 1

00: 988

00: 32.69 km

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

00000/000: 106 (of 238)

00000/0: 16 (of 67)

000000: 1:21:00

0000:

AK3 / TW 30

00000: 4(of 11)

0000000: 1:21:00

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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	0.70	15:21	21:55	7	5:33	26	5:33	0.70	15:21	21:55	7	5:33	26	5:33
Wechsel S -> R	0.26	2:03	7:53	1	-	2	0:04	0.96	17:24	18:07	5	5:33	17	5:33
Schwimmen 000	0.96	17:24	18:07	5	5:33	17	5:33	0.96	17:24	18:07	5	5:33	17	5:33
Rad netto	28.00	56:46	2:01	4	4:14	15	4:56	28.96	1:14:10	2:33	4	9:07	17	9:07
Wechsel R -> L	0.13	1:22	10:30	7	0:30	37	0:41	29.09	1:15:32	2:35	4	9:37	17	9:37
Radfahren 000	28.13	58:08	2:03	4	4:22	16	4:49	29.09	1:15:32	2:35	4	9:37	17	9:37
Lauf	3.60	14:03	3:54	1	-	2	0:22	32.69	1:29:35	2:44	4	8:35	16	8:35