



0000

ALEX, Sven

000: 1:33:02

00: Weltraumjogger Berlin

00: 771

00: 32.69 km

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

00000/000: 131 (of 238)

00000/0: 114 (of 171)

000000: 1:08:20

0000:

SEN2 / TM 45

00000: 16(of 24)

0000000: 1:11:42

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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	11:28	16:22	6	1:04	25	4:21	0.70	11:28	16:22	6	1:04	25	4:21
Wechsel S -> R	0.26	3:20	12:49	18	1:40	107	2:06	0.96	14:48	15:25	7	2:29	45	6:25
Schwimmen 000	0.96	14:48	15:25	7	2:29	45	6:25	0.96	14:48	15:25	7	2:29	45	6:25
Rad netto	28.00	54:43	1:57	14	8:18	96	53:52	28.96	1:09:31	2:24	13	10:47	76	53:05
Wechsel R -> L	0.13	1:47	13:43	19	1:04	138	1:11	29.09	1:11:18	2:27	13	11:51	82	14:12
Radfahren 000	28.13	56:30	2:00	14	9:22	102	11:00	29.09	1:11:18	2:27	13	11:51	82	14:12
Lauf	3.60	21:44	6:02	21	9:29	156	10:30	32.69	1:33:02	2:50	16	21:20	114	24:42