



0000

BÖING, Tobias

000: 1:33:21

00: Berlin

00: 802

Enduro U13

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AK3 / TM 30

00000/000: 132 (of 238)

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	13:55	19:52	7	4:28	83	6:48	0.70	13:55	19:52	7	4:28	83	6:48
Wechsel S -> R	0.26	3:28	13:20	12	1:43	114	2:14	0.96	17:23	18:06	8	5:36	86	9:00
Schwimmen 000	0.96	17:23	18:06	8	5:36	86	9:00	0.96	17:23	18:06	8	5:36	86	9:00
Rad netto	28.00	57:27	2:03	17	11:24	125	56:36	28.96	1:14:50	2:35	11	15:37	113	58:24
Wechsel R -> L	0.13	1:55	14:44	17	1:16	143	1:19	29.09	1:16:45	2:38	12	16:30	118	19:39
Radfahren 000	28.13	59:22	2:06	17	12:32	129	13:52	29.09	1:16:45	2:38	12	16:30	118	19:39
Lauf	3.60	16:36	4:36	15	4:16	113	5:22	-	1:33:21	-	11	19:37	115	25:01