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REDLICH, Torsten

000: 1:34:29

00: AOK Nordost

00: 750

00: 32.69 km

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

00000/000: 138 (of 238)

00000/0: 120 (of 171)

000000: 1:08:20

0000:

AK4 / TM 35

00000: 25(of 32)

0000000: 1:12:09

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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	16:48	24:00	29	7:07	148	9:41	0.70	16:48	24:00	29	7:07	148	9:41
Wechsel S -> R	0.26	3:01	11:36	17	1:21	89	1:47	0.96	19:49	20:38	27	7:29	129	11:26
Schwimmen 000	0.96	19:49	20:38	27	7:29	129	11:26	0.96	19:49	20:38	27	7:29	129	11:26
Rad netto	28.00	56:50	2:01	23	12:14	118	55:59	28.96	1:16:39	2:38	24	17:42	122	1:00:13
Wechsel R -> L	0.13	0:57	7:18	6	0:10	39	0:21	29.09	1:17:36	2:40	26	17:40	123	20:30
Radfahren 000	28.13	57:47	2:03	25	12:11	110	12:17	29.09	1:17:36	2:40	26	17:40	123	20:30
Lauf	3.60	16:53	4:41	25	4:41	117	5:39	32.69	1:34:29	2:53	25	22:20	121	26:09