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LUFT, Michael

000: 1:34:37

00: Königswarthaer SV

00: 720

00000/000: 139 (of 238)

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Enduro U13

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00000: 18(of 20)

SEN3 / TM 50

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	16:39	23:47	20	6:34	142	9:32	0.70	16:39	23:47	20	6:34	142	9:32
Wechsel S -> R	0.26	2:39	10:11	13	0:52	65	1:25	0.96	19:18	20:06	19	6:57	121	10:55
Schwimmen 000	0.96	19:18	20:06	19	6:57	121	10:55	0.96	19:18	20:06	19	6:57	121	10:55
Rad netto	28.00	59:30	2:07	18	13:29	136	58:39	28.96	1:18:48	2:43	19	19:55	133	1:02:22
Wechsel R -> L	0.13	1:15	9:36	13	0:27	89	0:39	29.09	1:20:03	2:45	19	20:21	133	22:57
Radfahren 000	28.13	1:00:45	2:09	19	13:55	137	15:15	29.09	1:20:03	2:45	19	20:21	133	22:57
Lauf	3.60	14:34	4:02	7	2:15	57	3:20	-	1:34:37	-	18	22:36	122	26:17