



0000

SCHMIDT, Detlev

000: 1:32:24

00: Weltraumjogger Berlin

00: 731

00: 32.69 km

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

00000/000: 125 (of 238)

00000/0: 108 (of 171)

000000: 1:08:20

0000:

00000: 14(of 20)

SEN3 / TM 50

0000000: 1:12:01

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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	15:03	21:30	16	4:58	108	7:56	0.70	15:03	21:30	16	4:58	108	7:56
Wechsel S -> R	0.26	2:35	9:56	12	0:48	56	1:21	0.96	17:38	18:22	16	5:17	92	9:15
Schwimmen 000	0.96	17:38	18:22	16	5:17	92	9:15	0.96	17:38	18:22	16	5:17	92	9:15
Rad netto	28.00	55:56	1:59	15	9:55	110	55:05	28.96	1:13:34	2:32	16	14:41	105	57:08
Wechsel R -> L	0.13	1:20	10:15	15	0:32	99	0:44	29.09	1:14:54	2:34	16	15:12	106	17:48
Radfahren 000	28.13	57:16	2:02	15	10:26	106	11:46	29.09	1:14:54	2:34	16	15:12	106	17:48
Lauf	3.60	17:30	4:51	16	5:11	137	6:16	32.69	1:32:24	2:49	14	20:23	108	24:04