



0000

RADDATZ, Martin

000: 1:34:56

00: Berlin

00: 837

00: 32.69 km

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

00000/000: 140 (of 238)

00000/0: 122 (of 171)

000000: 1:08:20

0000:

AK3 / TM 30

00000: 12(of 20)

0000000: 1:13:44

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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	14:00	20:00	8	4:33	88	6:53	0.70	14:00	20:00	8	4:33	88	6:53
Wechsel S -> R	0.26	5:31	21:13	19	3:46	154	4:17	0.96	19:31	20:19	12	7:44	125	11:08
Schwimmen 000	0.96	19:31	20:19	12	7:44	125	11:08	0.96	19:31	20:19	12	7:44	125	11:08
Rad netto	28.00	56:28	2:00	15	10:25	115	55:37	28.96	1:15:59	2:37	13	16:46	116	59:33
Wechsel R -> L	0.13	1:33	11:55	15	0:54	124	0:57	29.09	1:17:32	2:39	13	17:17	122	20:26
Radfahren 000	28.13	58:01	2:03	12	11:11	115	12:31	29.09	1:17:32	2:39	13	17:17	122	20:26
Lauf	3.60	17:24	4:49	17	5:04	134	6:10	32.69	1:34:56	2:54	13	21:12	123	26:36