



0000

FALKENBERG, Sören

000: 1:35:55

00: Chemie Erkner

00: 785

00: 32.69 km

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

00000/000: 149 (of 238)

00000/0: 127 (of 171)

000000: 1:08:20

0000:

AK3 / TM 30

00000: 14(of 20)

0000000: 1:13:44

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	15:19	21:52	12	5:52	115	8:12	0.70	15:19	21:52	12	5:52	115	8:12
Wechsel S -> R	0.26	5:57	22:53	20	4:12	159	4:43	0.96	21:16	22:09	18	9:29	143	12:53
Schwimmen 000	0.96	21:16	22:09	18	9:29	143	12:53	0.96	21:16	22:09	18	9:29	143	12:53
Rad netto	28.00	54:53	1:57	11	8:50	99	54:02	28.96	1:16:09	2:37	14	16:56	118	59:43
Wechsel R -> L	0.13	4:23	33:43	19	3:44	162	3:47	29.09	1:20:32	2:46	16	20:17	135	23:26
Radfahren 000	28.13	59:16	2:06	14	12:26	126	13:46	29.09	1:20:32	2:46	16	20:17	135	23:26
Lauf	3.60	15:23	4:16	11	3:03	80	4:09	32.69	1:35:55	2:56	15	22:11	128	27:35