



0000

ARNDT, Charlott

000: 1:33:40

00: Schöneiche

00: 875

00: 32.69 km

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

00000/000: 134 (of 238)

00000/0: 18 (of 67)

000000: 1:21:00

0000:

AK2 / TW 25

00000: 2(of 7)

0000000: 1:25:25

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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	13:55	19:52	2	0:55	15	4:07	0.70	13:55	19:52	2	0:55	15	4:07
Wechsel S -> R	0.26	4:01	15:26	5	1:15	42	2:02	0.96	17:56	18:40	2	2:10	20	6:05
Schwimmen 000	0.96	17:56	18:40	2	2:10	20	6:05	0.96	17:56	18:40	2	2:10	20	6:05
Rad netto	28.00	55:33	1:59	2	1:29	14	3:43	28.96	1:13:29	2:32	2	3:39	15	8:26
Wechsel R -> L	0.13	1:35	12:10	6	0:45	45	0:54	29.09	1:15:04	2:34	2	4:12	16	9:09
Radfahren 000	28.13	57:08	2:01	2	2:02	14	3:49	29.09	1:15:04	2:34	2	4:12	16	9:09
Lauf	3.60	18:36	5:10	7	4:03	43	4:55	32.69	1:33:40	2:51	2	8:15	18	12:40