



0000

GITTEL, Stefan

000: 1:37:37

00: Erkner

00: 766

00: 32.69 km

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

00000/000: 162 (of 238)

00000/0: 133 (of 171)

000000: 1:08:20

0000:

AK4 / TM 35

00000: 26(of 32)

0000000: 1:12:09

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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	16:45	23:55	28	7:04	146	9:38	0.70	16:45	23:55	28	7:04	146	9:38
Wechsel S -> R	0.26	4:00	15:23	27	2:20	132	2:46	0.96	20:45	21:36	28	8:25	141	12:22
Schwimmen 000	0.96	20:45	21:36	28	8:25	141	12:22	0.96	20:45	21:36	28	8:25	141	12:22
Rad netto	28.00	59:49	2:08	27	15:13	140	58:58	28.96	1:20:34	2:46	26	21:37	140	1:04:08
Wechsel R -> L	0.13	1:43	13:12	26	0:56	134	1:07	29.09	1:22:17	2:49	28	22:21	144	25:11
Radfahren 000	28.13	1:01:32	2:11	29	15:56	143	16:02	29.09	1:22:17	2:49	28	22:21	144	25:11
Lauf	3.60	15:20	4:15	15	3:08	78	4:06	32.69	1:37:37	2:59	26	25:28	134	29:17