



0000

WIBB 3

000: 1:35:51

00: WIBB 3

00: 932

00: 32.69 km

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

00000/000: 18 (of 26)

00000/000: 18 (of 26)

000000: 1:13:14

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Staffel Sprint

00000: 18(of 26)

0000000: 1:13:14

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	17:20	24:45	21	6:44	21	6:44	0.70	17:20	24:45	21	6:44	21	6:44
Wechsel S -> R	0.26	1:39	6:20	14	0:32	14	0:32	0.96	18:59	19:46	20	7:14	20	7:14
Schwimmen 000	0.96	18:59	19:46	20	7:14	20	7:14	0.96	18:59	19:46	20	7:14	20	7:14
Rad netto	28.00	1:02:20	2:13	19	15:22	19	15:22	28.96	1:21:19	2:48	20	21:57	20	21:57
Wechsel R -> L	0.13	0:35	4:29	1	-	1	-	29.09	1:21:54	2:48	20	21:51	20	21:51
Radfahren 000	28.13	1:02:55	2:14	19	15:17	19	15:17	29.09	1:21:54	2:48	20	21:51	20	21:51
Lauf	3.60	13:57	3:52	5	1:48	5	1:48	32.69	1:35:51	2:55	18	22:37	18	22:37