



0000

VON DEM KNESEBECK, Christiane 000: 1:36:09

00: Hannover

00: 839

00: 32.69 km

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

0000:

SEN2 / TW 45

00000/000: 151 (of 238)

00000/0: 24 (of 67)

000000: 1:21:00

00000: 3(of 7)

0000000: 1:28:19

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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	15:32	22:11	4	2:36	33	5:44	0.70	15:32	22:11	4	2:36	33	5:44
Wechsel S -> R	0.26	2:45	10:34	3	0:26	13	0:46	0.96	18:17	19:02	3	3:02	22	6:26
Schwimmen 000	0.96	18:17	19:02	3	3:02	22	6:26	0.96	18:17	19:02	3	3:02	22	6:26
Rad netto	28.00	1:01:23	2:11	3	7:28	36	9:33	28.96	1:19:40	2:45	3	9:51	32	14:37
Wechsel R -> L	0.13	1:23	10:38	3	0:11	38	0:42	29.09	1:21:03	2:47	3	9:51	33	15:08
Radfahren 000	28.13	1:02:46	2:13	3	7:09	36	9:27	29.09	1:21:03	2:47	3	9:51	33	15:08
Lauf	3.60	15:06	4:11	1	-	12	1:25	32.69	1:36:09	2:56	3	7:50	24	15:09