



0000

PAGELS, Heiko

000: 1:39:20

00: otto.schwantaner

00: 834

00: 32.69 km

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

00000/000: 177 (of 238)

00000/0: 141 (of 171)

000000: 1:08:20

0000:

SEN2 / TM 45

00000: 20(of 24)

0000000: 1:11:42

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	18:38	26:37	22	8:14	154	11:31	0.70	18:38	26:37	22	8:14	154	11:31
Wechsel S -> R	0.26	2:47	10:42	10	1:07	76	1:33	0.96	21:25	22:18	19	9:06	148	13:02
Schwimmen 000	0.96	21:25	22:18	19	9:06	148	13:02	0.96	21:25	22:18	19	9:06	148	13:02
Rad netto	28.00	59:03	2:06	21	12:38	134	58:12	28.96	1:20:28	2:46	21	21:44	139	1:04:02
Wechsel R -> L	0.13	1:43	13:12	18	1:00	134	1:07	29.09	1:22:11	2:49	20	22:44	143	25:05
Radfahren 000	28.13	1:00:46	2:09	21	13:38	138	15:16	29.09	1:22:11	2:49	20	22:44	143	25:05
Lauf	3.60	17:09	4:45	15	4:54	124	5:55	32.69	1:39:20	3:02	20	27:38	142	31:00