



0000

GRUNOW, Christian

000: 1:39:41

00: Rangsdorf

00: 825

00: 32.69 km

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

00000/000: 179 (of 238)

00000/0: 143 (of 171)

000000: 1:08:20

0000:

SEN4 / TM 55

00000: 10(of 13)

0000000: 1:18:37

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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	15:53	22:41	10	4:01	129	8:46	0.70	15:53	22:41	10	4:01	129	8:46
Wechsel S -> R	0.26	4:15	16:20	10	2:13	137	3:01	0.96	20:08	20:58	11	5:52	133	11:45
Schwimmen 000	0.96	20:08	20:58	11	5:52	133	11:45	0.96	20:08	20:58	11	5:52	133	11:45
Rad netto	28.00	1:00:52	2:10	10	13:13	143	1:00:01	28.96	1:21:00	2:47	10	18:19	143	1:04:34
Wechsel R -> L	0.13	1:24	10:46	6	0:48	108	0:48	29.09	1:22:24	2:49	11	18:38	146	25:18
Radfahren 000	28.13	1:02:16	2:12	11	13:27	145	16:46	29.09	1:22:24	2:49	11	18:38	146	25:18
Lauf	3.60	17:17	4:48	8	4:13	130	6:03	32.69	1:39:41	3:02	10	21:04	144	31:21