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ZICKERICK, Annette

000: 1:37:15

00: Spreenhagen

00: 838

00: 32.69 km

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

00000/000: 160 (of 238)

00000/0: 29 (of 67)

000000: 1:21:00

0000:

SEN1 / TW 40

00000: 4(of 10)

0000000: 1:26:30

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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	14:10	20:14	4	1:23	18	4:22	0.70	14:10	20:14	4	1:23	18	4:22
Wechsel S -> R	0.26	5:14	20:07	7	2:53	58	3:15	0.96	19:24	20:12	6	3:12	36	7:33
Schwimmen 000	0.96	19:24	20:12	6	3:12	36	7:33	0.96	19:24	20:12	6	3:12	36	7:33
Rad netto	28.00	58:34	2:05	3	5:57	23	6:44	28.96	1:17:58	2:41	4	9:09	26	12:55
Wechsel R -> L	0.13	2:05	16:01	7	1:17	58	1:24	29.09	1:20:03	2:45	5	9:08	31	14:08
Radfahren 000	28.13	1:00:39	2:09	5	5:56	29	7:20	29.09	1:20:03	2:45	5	9:08	31	14:08
Lauf	3.60	17:12	4:46	4	3:08	27	3:31	32.69	1:37:15	2:58	4	10:45	29	16:15