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GONGOLL, Manuela

000: 1:38:58

00: Athletic Park

00: 840

00: 32.69 km

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

00000/000: 174 (of 238)

00000/0: 35 (of 67)

000000: 1:21:00

0000:

00000: 5(of 10)

SEN1 / TW 40

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	14:36	20:51	5	1:49	21	4:48	0.70	14:36	20:51	5	1:49	21	4:48
Wechsel S -> R	0.26	4:42	18:04	6	2:21	54	2:43	0.96	19:18	20:06	4	3:06	32	7:27
Schwimmen 000	0.96	19:18	20:06	4	3:06	32	7:27	0.96	19:18	20:06	4	3:06	32	7:27
Rad netto	28.00	58:43	2:05	4	6:06	25	6:53	28.96	1:18:01	2:41	5	9:12	27	12:58
Wechsel R -> L	0.13	1:17	9:52	4	0:29	31	0:36	29.09	1:19:18	2:43	4	8:23	25	13:23
Radfahren 000	28.13	1:00:00	2:07	4	5:17	26	6:41	29.09	1:19:18	2:43	4	8:23	25	13:23
Lauf	3.60	19:40	5:27	9	5:36	50	5:59	32.69	1:38:58	3:01	5	12:28	35	17:58