



0000

TELSCHOW, Arvid

000: 1:43:18

00: Woltersdorf

00: 744

00: 32.69 km

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

00000/000: 185 (of 238)

00000/0: 146 (of 171)

000000: 1:08:20

0000:

AK3 / TM 30

00000: 19(of 20)

0000000: 1:13:44

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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	17:02	24:20	18	7:35	150	9:55	0.70	17:02	24:20	18	7:35	150	9:55
Wechsel S -> R	0.26	3:30	13:27	13	1:45	115	2:16	0.96	20:32	21:23	16	8:45	138	12:09
Schwimmen 000	0.96	20:32	21:23	16	8:45	138	12:09	0.96	20:32	21:23	16	8:45	138	12:09
Rad netto	28.00	1:01:27	2:11	19	15:24	146	1:00:36	28.96	1:21:59	2:49	20	22:46	146	1:05:33
Wechsel R -> L	0.13	1:12	9:13	11	0:33	79	0:36	29.09	1:23:11	2:51	20	22:56	148	26:05
Radfahren 000	28.13	1:02:39	2:13	19	15:49	148	17:09	29.09	1:23:11	2:51	20	22:56	148	26:05
Lauf	3.60	20:07	5:35	20	7:47	154	8:53	32.69	1:43:18	3:09	20	29:34	147	34:58