



0000

ZIEGLER, Martina

000: 1:41:58

00: Potsdam

00: 714

00: 32.69 km

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

00000/000: 181 (of 238)

00000/0: 37 (of 67)

000000: 1:21:00

0000:

SEN4 / TW 55

00000: 3(of 4)

0000000: 1:38:09

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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	15:28	22:05	1	-	28	5:40	0.70	15:28	22:05	1	-	28	5:40
Wechsel S -> R	0.26	3:40	14:06	3	0:29	36	1:41	0.96	19:08	19:55	2	0:28	29	7:17
Schwimmen 000	0.96	19:08	19:55	2	0:28	29	7:17	0.96	19:08	19:55	2	0:28	29	7:17
Rad netto	28.00	1:03:10	2:15	3	4:12	42	11:20	28.96	1:22:18	2:50	3	4:21	40	17:15
Wechsel R -> L	0.13	2:12	16:55	4	1:12	60	1:31	29.09	1:24:30	2:54	3	4:55	42	18:35
Radfahren 000	28.13	1:05:22	2:19	4	5:24	45	12:03	29.09	1:24:30	2:54	3	4:55	42	18:35
Lauf	3.60	17:28	4:51	2	0:55	32	3:47	32.69	1:41:58	3:07	3	3:49	37	20:58