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## Triathlon Biotop Rüdnitz

000: 1:42:56

00: Triathlon Biotop Rüdnitz

00: 938

00: 32.69 km

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

00000/000: 22 (of 26)

00000/000: 22 (of 26)

000000: 1:13:14

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Staffel Sprint

00000: 22(of 26)

0000000: 1:13:14

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000 km	000 00	000 min/km	00 -	00 -	00 000	00 000
Schwimmen nett	0.70	17:49	25:27	23	7:13	23	7:13	0.70	17:49	25:27	23	7:13	23	7:13
Wechsel S -> R	0.26	1:50	7:03	17	0:43	17	0:43	0.96	19:39	20:28	22	7:54	22	7:54
Schwimmen 000	0.96	19:39	20:28	22	7:54	22	7:54	0.96	19:39	20:28	22	7:54	22	7:54
Rad netto	28.00	57:27	2:03	15	10:29	15	10:29	28.96	1:17:06	2:39	16	17:44	16	17:44
Wechsel R -> L	0.13	2:42	20:46	22	2:07	22	2:07	29.09	1:19:48	2:44	18	19:45	18	19:45
Radfahren 000	28.13	1:00:09	2:08	15	12:31	15	12:31	29.09	1:19:48	2:44	18	19:45	18	19:45
Lauf	3.60	23:08	6:25	23	10:59	23	10:59	32.69	1:42:56	3:08	22	29:42	22	29:42