



0000

MEYFARTH, Birgit

000: 7:14:38

00: Norderstedt

00: 153

00: 116.79 km

Mittel Distanz (1,9/93/21 km)

00000/000: 142 (of 154)

00000/0: 16 (of 17)

000000: 5:01:22

0000:

AK4 / TW 35

00000: 4(of 4)

0000000: 5:07:23

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	40:01	21:03	3	12:03	13	12:03	1.90	40:01	21:03	3	12:03	13	12:03
Wechsel S -> R	0.26	4:48	18:27	3	2:28	14	2:52	2.16	44:49	20:44	3	14:31	13	14:31
Schwimmen 000	2.16	44:49	20:44	3	14:31	13	14:31	2.16	44:49	20:44	3	14:31	13	14:31
Rad netto	93.00	3:46:30	2:26	4	47:43	17	58:36	95.16	4:31:19	2:51	4	59:56	16	1:08:36
Wechsel R -> L	0.13	4:39	35:46	4	3:21	16	3:27	95.29	4:35:58	2:53	4	1:03:17	16	1:11:33
Radfahren 000	93.13	3:51:09	2:28	4	50:34	16	1:01:33	95.29	4:35:58	2:53	4	1:03:17	16	1:11:33
Lauf	21.50	2:38:40	7:22	4	1:03:58	16	1:03:58	116.79	7:14:38	3:43	4	2:07:15	16	2:13:16