



0000

HENGST, Ines

000: 1:44:56

00: Erkner

00: 742

00: 32.69 km

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

00000/000: 190 (of 238)

00000/0: 42 (of 67)

000000: 1:21:00

0000:

SEN1 / TW 40

00000: 7(of 10)

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	13:35	19:24	2	0:48	12	3:47	0.70	13:35	19:24	2	0:48	12	3:47
Wechsel S -> R	0.26	6:36	25:23	10	4:15	65	4:37	0.96	20:11	21:01	8	3:59	41	8:20
Schwimmen 000	0.96	20:11	21:01	8	3:59	41	8:20	0.96	20:11	21:01	8	3:59	41	8:20
Rad netto	28.00	1:04:35	2:18	8	11:58	47	12:45	28.96	1:24:46	2:55	8	15:57	45	19:43
Wechsel R -> L	0.13	2:02	15:38	6	1:14	55	1:21	29.09	1:26:48	2:59	7	15:53	46	20:53
Radfahren 000	28.13	1:06:37	2:22	8	11:54	49	13:18	29.09	1:26:48	2:59	7	15:53	46	20:53
Lauf	3.60	18:08	5:02	5	4:04	39	4:27	32.69	1:44:56	3:12	7	18:26	42	23:56