



0000

GADE, Katja

000: 1:44:56

00: Erkner

00: 741

00: 32.69 km

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

00000/000: 191 (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	15:15	21:47	6	2:28	24	5:27	0.70	15:15	21:47	6	2:28	24	5:27
Wechsel S -> R	0.26	5:46	22:10	8	3:25	61	3:47	0.96	21:01	21:53	9	4:49	51	9:10
Schwimmen 000	0.96	21:01	21:53	9	4:49	51	9:10	0.96	21:01	21:53	9	4:49	51	9:10
Rad netto	28.00	1:00:53	2:10	6	8:16	34	9:03	28.96	1:21:54	2:49	7	13:05	39	16:51
Wechsel R -> L	0.13	4:54	37:41	10	4:06	64	4:13	29.09	1:26:48	2:59	7	15:53	46	20:53
Radfahren 000	28.13	1:05:47	2:20	7	11:04	47	12:28	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