



0000

BURDE, Marek

000: 1:48:44

00: Königs Wusterhausen

00: 658

00: 32.69 km

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

00000/000: 204 (of 238)

00000/0: 153 (of 171)

000000: 1:08:20

0000:

00000: 25(of 25)

SEN1 / TM 40

0000000: 1:13:30

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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	18:58	27:05	24	8:45	157	11:51	0.70	18:58	27:05	24	8:45	157	11:51
Wechsel S -> R	0.26	3:39	14:02	19	1:45	124	2:25	0.96	22:37	23:33	24	10:12	156	14:14
Schwimmen 000	0.96	22:37	23:33	24	10:12	156	14:14	0.96	22:37	23:33	24	10:12	156	14:14
Rad netto	28.00	1:05:10	2:19	25	1:04:19	153	1:04:19	28.96	1:27:47	3:01	25	1:11:21	154	1:11:21
Wechsel R -> L	0.13	0:57	7:18	4	0:05	39	0:21	29.09	1:28:44	3:03	25	28:42	156	31:38
Radfahren 000	28.13	1:06:07	2:21	25	18:30	156	20:37	29.09	1:28:44	3:03	25	28:42	156	31:38
Lauf	3.60	20:00	5:33	25	6:38	153	8:46	32.69	1:48:44	3:19	25	35:14	154	40:24