



0000

RÜCKER, Uwe

000: 1:48:44

00: Müncheberg

00: 972

00: 32.69 km

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

00000/000: 205 (of 238)

00000/0: 153 (of 171)

000000: 1:08:20

0000:

00000: 11(of 13)

SEN4 / TM 55

0000000: 1:18:37

0000

0000

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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	0.70	18:15	26:04	12	6:23	153	11:08	0.70	18:15	26:04	12	6:23	153	11:08
Wechsel S -> R	0.26	5:33	21:20	13	3:31	155	4:19	0.96	23:48	24:47	12	9:32	159	15:25
Schwimmen 000	0.96	23:48	24:47	12	9:32	159	15:25	0.96	23:48	24:47	12	9:32	159	15:25
Rad netto	28.00	1:07:17	2:24	11	19:38	157	1:06:26	28.96	1:31:05	3:08	11	28:24	157	1:14:39
Wechsel R -> L	0.13	1:32	11:47	9	0:56	123	0:56	29.09	1:32:37	3:11	12	28:51	160	35:31
Radfahren 000	28.13	1:08:49	2:26	12	20:00	160	23:19	29.09	1:32:37	3:11	12	28:51	160	35:31
Lauf	3.60	16:07	4:28	5	3:03	102	4:53	32.69	1:48:44	3:19	11	30:07	154	40:24