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HENTSCH, Susanne

000: 1:47:49

00: Erkner

00: 634

00: 32.69 km

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

00000/000: 201 (of 238)

00000/0: 50 (of 67)

000000: 1:21:00

0000:

SEN2 / TW 45

00000: 5(of 7)

0000000: 1:28:19

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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	16:43	23:52	6	3:47	50	6:55	0.70	16:43	23:52	6	3:47	50	6:55
Wechsel S -> R	0.26	4:05	15:42	5	1:46	43	2:06	0.96	20:48	21:40	6	5:33	47	8:57
Schwimmen 000	0.96	20:48	21:40	6	5:33	47	8:57	0.96	20:48	21:40	6	5:33	47	8:57
Rad netto	28.00	1:07:36	2:24	6	13:41	54	15:46	28.96	1:28:24	3:03	6	18:35	55	23:21
Wechsel R -> L	0.13	1:27	11:09	5	0:15	41	0:46	29.09	1:29:51	3:05	6	18:39	55	23:56
Radfahren 000	28.13	1:09:03	2:27	6	13:26	54	15:44	29.09	1:29:51	3:05	6	18:39	55	23:56
Lauf	3.60	17:58	4:59	4	2:52	38	4:17	32.69	1:47:49	3:17	5	19:30	50	26:49