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SALZWEDEL, Jörg

000: 2:32:00

00: SSV Berliner Haie

00: 515

00: 51.89 km

00000/000: 51 (of 233)

Olympisch (1,5/40/10 km)

00000/0: 50 (of 179)

000000: 2:04:10

0000:

00000: 8(of 39)

SEN2 / TM 45

0000000: 2:19:54

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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	1.50	32:09	21:26	16	9:34	86	11:33	1.50	32:09	21:26	16	9:34	86	11:33
Wechsel S -> R	0.26	3:11	12:14	17	1:16	91	1:46	1.76	35:20	20:04	15	9:52	86	12:31
Schwimmen 000	1.76	35:20	20:04	15	9:52	86	12:31	1.76	35:20	20:04	15	9:52	86	12:31
Rad netto	40.00	1:07:58	1:41	4	4:37	20	6:45	41.76	1:43:18	2:28	9	12:19	45	16:41
Wechsel R -> L	0.13	1:30	11:32	14	0:36	79	0:47	41.89	1:44:48	2:30	9	12:40	47	17:28
Radfahren 000	40.13	1:09:28	1:43	4	4:58	21	7:32	41.89	1:44:48	2:30	9	12:40	47	17:28
Lauf	10.00	47:12	4:43	10	5:40	51	10:40	51.89	2:32:00	2:55	8	12:06	50	27:50