



0000

ROSE, Lia

000: 1:48:52

00: Berlin

00: 794

Enduro U13

00000/000: 207 (of 238)

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AK1 / TW 20

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	16:03	22:55	3	6:06	44	6:15	0.70	16:03	22:55	3	6:06	44	6:15
Wechsel S -> R	0.26	4:32	17:26	3	2:33	48	2:33	0.96	20:35	21:26	3	8:39	45	8:44
Schwimmen 000	0.96	20:35	21:26	3	8:39	45	8:44	0.96	20:35	21:26	3	8:39	45	8:44
Rad netto	28.00	1:07:28	2:24	3	12:39	53	15:38	28.96	1:28:03	3:02	3	18:57	53	23:00
Wechsel R -> L	0.13	1:57	15:00	3	1:04	53	1:16	29.09	1:30:00	3:05	3	19:57	57	24:05
Radfahren 000	28.13	1:09:25	2:28	3	13:16	55	16:06	29.09	1:30:00	3:05	3	19:57	57	24:05
Lauf	3.60	18:52	5:14	3	2:44	48	5:11	-	1:48:52	-	3	22:41	53	27:52