



0000

HODEL, Annegret

000: 1:49:52

00: Berlin

00: 848

00: 32.69 km

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

00000/000: 209 (of 238)

00000/0: 55 (of 67)

000000: 1:21:00

0000:

AK4 / TW 35

00000: 8(of 12)

0000000: 1:24:44

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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	16:56	24:11	8	4:16	54	7:08	0.70	16:56	24:11	8	4:16	54	7:08
Wechsel S -> R	0.26	4:33	17:30	9	2:03	49	2:34	0.96	21:29	22:22	9	6:04	57	9:38
Schwimmen 000	0.96	21:29	22:22	9	6:04	57	9:38	0.96	21:29	22:22	9	6:04	57	9:38
Rad netto	28.00	1:05:26	2:20	8	11:49	49	13:36	28.96	1:26:55	3:00	7	17:08	48	21:52
Wechsel R -> L	0.13	2:14	17:10	11	1:33	61	1:33	29.09	1:29:09	3:03	9	18:06	51	23:14
Radfahren 000	28.13	1:07:40	2:24	10	12:32	52	14:21	29.09	1:29:09	3:03	9	18:06	51	23:14
Lauf	3.60	20:43	5:45	9	7:02	55	7:02	32.69	1:49:52	3:21	8	25:08	55	28:52