



0000

ABDELLA, Fadi

000: 1:53:09

00: Berlin

00: 903

00: 32.69 km

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

00000/000: 216 (of 238)

00000/0: 156 (of 171)

000000: 1:08:20

0000:

AK2 / TM 25

00000: 10(of 13)

0000000: 1:10:09

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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	0.70	19:27	27:47	10	8:48	160	12:20	0.70	19:27	27:47	10	8:48	160	12:20
Wechsel S -> R	0.26	3:45	14:25	10	2:08	128	2:31	0.96	23:12	24:10	10	10:56	157	14:49
Schwimmen 000	0.96	23:12	24:10	10	10:56	157	14:49	0.96	23:12	24:10	10	10:56	157	14:49
Rad netto	28.00	1:11:31	2:33	10	26:41	160	1:10:40	28.96	1:34:43	3:16	10	37:37	159	1:18:17
Wechsel R -> L	0.13	1:07	8:35	5	0:27	64	0:31	29.09	1:35:50	3:17	10	38:04	161	38:44
Radfahren 000	28.13	1:12:38	2:34	10	27:08	163	27:08	29.09	1:35:50	3:17	10	38:04	161	38:44
Lauf	3.60	17:19	4:48	9	5:18	131	6:05	32.69	1:53:09	3:27	10	43:00	157	44:49