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BEYKIRCH, Kerstin

000: 1:52:09

00: Hoppegarten

00: 900

00: 32.69 km

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

00000/000: 214 (of 238)

00000/0: 59 (of 67)

000000: 1:21:00

0000:

00000: 10(of 12)

AK4 / TW 35

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	17:20	24:45	10	4:40	57	7:32	0.70	17:20	24:45	10	4:40	57	7:32
Wechsel S -> R	0.26	4:40	17:56	11	2:10	53	2:41	0.96	22:00	22:55	10	6:35	60	10:09
Schwimmen 000	0.96	22:00	22:55	10	6:35	60	10:09	0.96	22:00	22:55	10	6:35	60	10:09
Rad netto	28.00	1:05:50	2:21	9	12:13	50	14:00	28.96	1:27:50	3:01	8	18:03	52	22:47
Wechsel R -> L	0.13	1:16	9:44	6	0:35	29	0:35	29.09	1:29:06	3:03	8	18:03	50	23:11
Radfahren 000	28.13	1:07:06	2:23	9	11:58	50	13:47	29.09	1:29:06	3:03	8	18:03	50	23:11
Lauf	3.60	23:03	6:24	11	9:22	61	9:22	32.69	1:52:09	3:25	10	27:25	59	31:09