



0000

KREBS, Marina

000: 1:52:15

00: Birkenwerder

00: 674

00: 32.69 km

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

00000/000: 215 (of 238)

00000/0: 60 (of 67)

000000: 1:21:00

0000:

SEN5 / TW 60

00000: 2(of 3)

0000000: 1:38:30

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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	16:51	24:04	2	0:52	51	7:03	0.70	16:51	24:04	2	0:52	51	7:03
Wechsel S -> R	0.26	4:45	18:16	2	1:45	56	2:46	0.96	21:36	22:30	2	2:37	58	9:45
Schwimmen 000	0.96	21:36	22:30	2	2:37	58	9:45	0.96	21:36	22:30	2	2:37	58	9:45
Rad netto	28.00	1:11:57	2:34	2	12:48	62	20:07	28.96	1:33:33	3:13	2	15:25	60	28:30
Wechsel R -> L	0.13	1:19	10:07	2	0:01	35	0:38	29.09	1:34:52	3:15	2	15:26	61	28:57
Radfahren 000	28.13	1:13:16	2:36	2	12:49	62	19:57	29.09	1:34:52	3:15	2	15:26	61	28:57
Lauf	3.60	17:23	4:49	1	-	29	3:42	32.69	1:52:15	3:26	2	13:45	60	31:15