



0000

THOMAS, Alexander

000: 1:57:40

00: Berlin

00: 851

00: 32.69 km

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

00000/000: 219 (of 238)

00000/0: 158 (of 171)

000000: 1:08:20

0000:

SEN4 / TM 55

00000: 12(of 13)

0000000: 1:18:37

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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	19:10	27:22	13	7:18	159	12:03	0.70	19:10	27:22	13	7:18	159	12:03
Wechsel S -> R	0.26	4:57	19:02	11	2:55	150	3:43	0.96	24:07	25:07	13	9:51	161	15:44
Schwimmen 000	0.96	24:07	25:07	13	9:51	161	15:44	0.96	24:07	25:07	13	9:51	161	15:44
Rad netto	28.00	1:09:06	2:28	12	21:27	158	1:08:15	28.96	1:33:13	3:13	12	30:32	158	1:16:47
Wechsel R -> L	0.13	2:38	20:15	12	2:02	157	2:02	29.09	1:35:51	3:17	13	32:05	162	38:45
Radfahren 000	28.13	1:11:44	2:33	13	22:55	161	26:14	29.09	1:35:51	3:17	13	32:05	162	38:45
Lauf	3.60	21:49	6:03	12	8:45	159	10:35	32.69	1:57:40	3:35	12	39:03	159	49:20