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GERICKE, Christiane

000: 2:07:46

00: Berlin

00: 633

00: 32.69 km

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

00000/000: 224 (of 238)

00000/0: 63 (of 67)

000000: 1:21:00

0000:

SEN3 / TW 50

00000: 7(of 7)

0000000: 1:22:22

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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	17:48	25:25	7	7:07	62	8:00	0.70	17:48	25:25	7	7:07	62	8:00
Wechsel S -> R	0.26	5:48	22:18	7	3:15	62	3:49	0.96	23:36	24:35	7	10:01	63	11:45
Schwimmen 000	0.96	23:36	24:35	7	10:01	63	11:45	0.96	23:36	24:35	7	10:01	63	11:45
Rad netto	28.00	1:19:06	2:49	7	27:16	63	27:16	28.96	1:42:42	3:32	7	37:17	64	37:39
Wechsel R -> L	0.13	1:41	12:56	7	0:41	49	1:00	29.09	1:44:23	3:35	7	37:29	65	38:28
Radfahren 000	28.13	1:20:47	2:52	7	27:28	64	27:28	29.09	1:44:23	3:35	7	37:29	65	38:28
Lauf	3.60	23:23	6:29	6	8:29	62	9:42	32.69	2:07:46	3:54	7	45:24	63	46:46