



0000

GARTH, Wilhelm

000: 2:19:20

00: Berlin

00: 700

00: 32.69 km

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

00000/000: 226 (of 238)

00000/0: 162 (of 171)

000000: 1:08:20

0000:

AK2 / TM 25

00000: 12(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	22:13	31:44	12	11:34	168	15:06	0.70	22:13	31:44	12	11:34	168	15:06
Wechsel S -> R	0.26	15:35	59:56	12	13:58	169	14:21	0.96	37:48	39:22	12	25:32	169	29:25
Schwimmen 000	0.96	37:48	39:22	12	25:32	169	29:25	0.96	37:48	39:22	12	25:32	169	29:25
Rad netto	28.00	1:16:56	2:44	11	32:06	162	1:16:05	28.96	1:54:44	3:57	12	57:38	165	1:38:18
Wechsel R -> L	0.13	5:11	39:52	12	4:31	164	4:35	29.09	1:59:55	4:07	12	1:02:09	168	1:02:49
Radfahren 000	28.13	1:22:07	2:55	12	36:37	167	36:37	29.09	1:59:55	4:07	12	1:02:09	168	1:02:49
Lauf	3.60	19:25	5:23	11	7:24	149	8:11	32.69	2:19:20	4:15	12	1:09:11	163	1:11:00