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SORGE, Lucas

000: 2:37:13

00: Triathlon Verein Berlin 09 / Erdinger Alkoholfrei

00: 433

00: 51.89 km

00000/000: 73 (of 233)

Olympisch (1,5/40/10 km)

00000/0: 71 (of 179)

000000: 2:04:10

0000:

00000: 8(of 23)

AK3 / TM 30

0000000: 2:04:10

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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	1.50	29:14	19:29	9	8:09	50	8:38	1.50	29:14	19:29	9	8:09	50	8:38
Wechsel S -> R	0.26	3:16	12:33	12	1:51	95	1:51	1.76	32:30	18:27	9	8:50	59	9:41
Schwimmen 000	1.76	32:30	18:27	9	8:50	59	9:41	1.76	32:30	18:27	9	8:50	59	9:41
Rad netto	40.00	1:13:20	1:49	8	12:07	78	12:07	41.76	1:45:50	2:32	8	19:13	66	19:13
Wechsel R -> L	0.13	1:17	9:52	10	0:34	50	0:34	41.89	1:47:07	2:33	8	19:47	65	19:47
Radfahren 000	40.13	1:14:37	1:51	8	12:41	74	12:41	41.89	1:47:07	2:33	8	19:47	65	19:47
Lauf	10.00	50:06	5:00	11	13:16	94	13:34	51.89	2:37:13	3:01	8	33:03	71	33:03