



0000

Gierok, Sonja

000: 1:22:24

00: 322

00: 25.55 km

Chari Tria (0,55-20,0-5,0)

00000/000: 52 (of 84)

00000/0: 10 (of 22)

000000: 1:03:29

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Seniorinnen 3 WK50

00000: 1(of 3)

0000000: 1:22:24

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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	0.55	12:07	22:01	1	-	10	2:01	0.55	12:07	22:01	1	-	10	2:01
Wechsel S -> R	-	3:30	-	2	0:05	15	2:04	0.55	15:37	28:23	1	-	10	4:05
Schwimmen 000	0.55	15:37	28:23	1	-	10	4:05	0.55	15:37	28:23	1	-	10	4:05
Rad netto	20.00	38:11	1:54	1	-	8	9:06	20.55	53:48	2:37	1	-	9	9:49
Wechsel R -> L	-	1:23	-	3	0:27	14	0:33	20.55	55:11	2:41	1	-	9	10:22
Rad 000	20.00	39:34	1:58	1	-	8	9:11	20.55	55:11	2:41	1	-	9	10:22
Lauf	5.00	27:13	5:26	1	-	9	8:33	25.55	1:22:24	3:13	1	-	10	18:55