



0000

Schramm, Sabine

000: 2:37:37

00: 37

00: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

00000/000: 28 (of 46)

00000/0: 4 (of 10)

000000: 2:08:17

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Seniorinnen 1 WK40

00000: 2(of 4)

0000000: 2:13:11

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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	1.25	26:02	20:49	2	4:57	4	5:54	1.25	26:02	20:49	2	4:57	11	5:54
Wechsel S -> R	-	2:11	-	2	0:20	5	0:36	1.25	28:13	22:34	2	5:17	11	6:30
Schwimmen 000	1.25	28:13	22:34	2	5:17	11	6:30	1.25	28:13	22:34	2	5:17	11	6:30
Rad netto	38.00	1:15:19	1:58	3	9:50	5	13:58	39.25	1:43:32	2:38	2	15:07	11	17:02
Wechsel R -> L	-	1:16	-	2	0:13	5	0:18	39.25	1:44:48	2:40	2	15:20	11	17:19
Rad 000	38.00	1:16:35	2:00	3	10:03	5	14:15	39.25	1:44:48	2:40	2	15:20	11	17:19
Lauf	10.00	52:49	5:16	3	9:06	4	12:01	49.25	2:37:37	3:12	2	24:26	4	29:20