



0000

Albrecht, Heinrich

000: 1:39:15

00: 275

00: 25.55 km

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

00000/000: 74 (of 84)

00000/0: 59 (of 62)

000000: 58:18

0000:

Senioren 6 MK65

00000: 1(of 1)

0000000: 1:39:15

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	19:07	34:45	1	-	62	11:34	0.55	19:07	34:45	1	-	62	11:34
Wechsel S -> R	-	3:50	-	1	-	56	2:42	0.55	22:57	41:43	1	-	61	14:04
Schwimmen 000	0.55	22:57	41:43	1	-	61	14:04	0.55	22:57	41:43	1	-	61	14:04
Rad netto	20.00	45:35	2:16	1	-	57	24:15	20.55	1:08:32	3:20	1	-	61	29:27
Wechsel R -> L	-	3:16	-	1	-	60	2:36	20.55	1:11:48	3:29	1	-	58	31:08
Rad 000	20.00	48:51	2:26	1	-	58	24:33	20.55	1:11:48	3:29	1	-	58	31:08
Lauf	5.00	27:27	5:29	1	-	48	9:49	25.55	1:39:15	3:53	1	-	59	40:57