



0000

Beuckens, Yvonne

000: 1:21:07

00: 284

00: 25.55 km

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

00000/000: 51 (of 84)

00000/0: 9 (of 22)

000000: 1:03:29

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Frauen AK4

00000: 4(of 5)

0000000: 1:12:12

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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	10:48	19:38	1	-	3	0:42	0.55	10:48	19:38	1	-	3	0:42
Wechsel S -> R	-	2:22	-	2	0:29	6	0:56	0.55	13:10	23:56	2	0:13	4	1:38
Schwimmen 000	0.55	13:10	23:56	2	0:13	4	1:38	0.55	13:10	23:56	2	0:13	4	1:38
Rad netto	20.00	34:38	1:43	2	5:33	3	5:33	20.55	47:48	2:19	3	0:05	5	3:49
Wechsel R -> L	-	3:29	-	5	2:22	21	2:39	20.55	51:17	2:29	3	2:25	6	6:28
Rad 000	20.00	38:07	1:54	3	7:44	6	7:44	20.55	51:17	2:29	3	2:25	6	6:28
Lauf	5.00	29:50	5:58	4	6:30	11	11:10	25.55	1:21:07	3:10	4	8:55	9	17:38