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Theurich, Wiebke

□□□: 2:54:29

□□: 38

□□: 49.25 km

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

□□□□□/□□□: 44 (of 46)

□□□□□/□: 9 (of 10)

□□□□□□: 2:08:17

□□□□:

Seniorinnen 1 WK40

□□□□□: 4(of 4)

□□□□□□□: 2:13:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	29:43	23:46	4	8:38	9	9:35	1.25	29:43	23:46	4	8:38	11	9:35
Wechsel S -> R	-	3:13	-	3	1:22	7	1:38	1.25	32:56	26:20	3	10:00	11	11:13
Schwimmen □□□	1.25	32:56	26:20	3	10:00	11	11:13	1.25	32:56	26:20	3	10:00	11	11:13
Rad netto	38.00	1:19:08	2:04	4	13:39	7	17:47	39.25	1:52:04	2:51	4	23:39	11	25:34
Wechsel R -> L	-	1:52	-	3	0:49	7	0:54	39.25	1:53:56	2:54	4	24:28	11	26:27
Rad □□□	38.00	1:21:00	2:07	4	14:28	7	18:40	39.25	1:53:56	2:54	4	24:28	11	26:27
Lauf	10.00	1:00:33	6:03	4	16:50	9	19:45	49.25	2:54:29	3:32	4	41:18	9	46:12