



0000

Gerk, Cornelia

000: 1:49:11

00: 294

00: 25.55 km

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

00000/000: 79 (of 84)

00000/0: 18 (of 22)

000000: 1:03:29

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Seniorinnen 3 WK50

00000: 3(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	16:21	29:43	2	4:14	19	6:15	0.55	16:21	29:43	2	4:14	19	6:15
Wechsel S -> R	-	3:25	-	1	-	13	1:59	0.55	19:46	35:56	2	4:09	19	8:14
Schwimmen 000	0.55	19:46	35:56	2	4:09	19	8:14	0.55	19:46	35:56	2	4:09	19	8:14
Rad netto	20.00	51:54	2:35	3	13:43	19	22:49	20.55	1:11:40	3:29	3	17:52	18	27:41
Wechsel R -> L	-	0:56	-	1	-	2	0:06	20.55	1:12:36	3:31	3	17:25	18	27:47
Rad 000	20.00	52:50	2:38	3	13:16	18	22:27	20.55	1:12:36	3:31	3	17:25	18	27:47
Lauf	5.00	36:35	7:19	3	9:22	19	17:55	25.55	1:49:11	4:16	3	26:47	18	45:42