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Augenoptik HAUPTsacheSCHARF 1 □□□: 1:47:42

□□: S. Scharf, C. Haupt, S. Rochnia, P. Nowak  
□□: 314

□□: 27.35 km

Chari Tria Health Staffel (0,35-22,0-5,0)

□□□□:

Gesundheitstriathlon

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.35	8:33	24:25	1	-	1	-	0.35	8:33	24:25	1	-	1	-
Wechsel S -> R	-	1:33	-	1	-	1	-	0.35	10:06	28:51	1	-	1	-
Schwimmen □□□	0.35	10:06	28:51	1	-	1	-	0.35	10:06	28:51	1	-	1	-
Rad netto	22.00	1:00:41	2:45	2	19:24	2	19:24	22.35	1:10:47	3:10	2	18:20	2	18:20
Wechsel R -> L	-	0:54	-	1	-	1	-	22.35	1:11:41	3:12	2	18:14	2	18:14
Rad □□□	22.00	1:01:35	2:47	2	19:18	2	19:18	22.35	1:11:41	3:12	2	18:14	2	18:14
Lauf	5.00	36:01	7:12	2	6:06	2	6:06	27.35	1:47:42	3:56	2	24:20	2	24:20