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Schaefer, Bastian

□□□: 2:28:23

□□: 12

□□: 49.25 km

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

□□□□□/□□□: 22 (of 46)

□□□□□/□: 19 (of 36)

□□□□□□: 2:06:59

□□□□:

Senioren 1 MK40

□□□□□: 3(of 6)

□□□□□□□: 2:14:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	24:46	19:48	3	1:50	12	7:01	1.25	24:46	19:48	3	1:50	37	7:01
Wechsel S -> R	-	3:34	-	5	1:25	28	2:00	1.25	28:20	22:39	3	3:07	37	8:58
Schwimmen □□□	1.25	28:20	22:39	3	3:07	37	8:58	1.25	28:20	22:39	3	3:07	37	8:58
Rad netto	38.00	1:07:00	1:45	3	3:21	16	7:45	39.25	1:35:20	2:25	3	5:34	14	12:26
Wechsel R -> L	-	2:40	-	6	1:27	36	1:42	39.25	1:38:00	2:29	3	6:50	14	13:54
Rad □□□	38.00	1:09:40	1:50	3	4:48	17	9:13	39.25	1:38:00	2:29	3	6:50	14	13:54
Lauf	10.00	50:23	5:02	4	7:27	19	11:52	49.25	2:28:23	3:00	3	14:00	19	21:24