



0000

Wahrenbruch, Jana

000: 23:17

00: 421

00: 6.25 km

Chari Tria Youth 1 (0,25-5,0-1,0)

00000/000: 1 (of 4)

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Schülerinnen A (12-13 J.)

00000: 1(of 2)

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.25	5:13	20:52	1	-	1	-	0.25	5:13	20:52	1	-	1	-
Wechsel S -> R	-	1:34	-	1	-	1	-	0.25	6:47	27:07	1	-	1	-
Schwimmen 000	0.25	6:47	27:07	1	-	1	-	0.25	6:47	27:07	1	-	1	-
Rad netto	5.00	10:10	2:01	1	-	1	-	5.25	16:57	3:13	1	-	1	-
Wechsel R -> L	-	0:52	-	2	0:11	2	0:11	5.25	17:49	3:23	1	-	1	-
Rad 000	5.00	11:02	2:12	1	-	1	-	5.25	17:49	3:23	1	-	1	-
Lauf	1.00	5:28	5:28	1	-	1	-	6.25	23:17	3:43	1	-	1	-