



0000

Faust, Rüdiger

000: 1:10:48

00: 244

00: 25.55 km

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

00000/000: 17 (of 84)

00000/0: 16 (of 62)

000000: 58:18

0000:

Senioren 1 MK40

00000: 1(of 5)

0000000: 1:10:48

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	10:55	19:50	2	1:01	21	3:22	0.55	10:55	19:50	2	1:01	22	3:22
Wechsel S -> R	-	1:54	-	2	0:01	20	0:46	0.55	12:49	23:18	2	0:52	62	3:56
Schwimmen 000	0.55	12:49	23:18	2	0:52	62	3:56	0.55	12:49	23:18	2	0:52	62	3:56
Rad netto	20.00	32:43	1:38	1	-	10	11:23	20.55	45:32	2:12	1	-	12	6:27
Wechsel R -> L	-	1:13	-	1	-	28	0:33	20.55	46:45	2:16	1	-	61	6:05
Rad 000	20.00	33:56	1:41	1	-	12	9:38	20.55	46:45	2:16	1	-	61	6:05
Lauf	5.00	24:03	4:48	2	0:36	29	6:25	25.55	1:10:48	2:46	1	-	16	12:30