



0000

Grewe, Markus

000: 1:12:48

00: 245

00: 25.55 km

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

00000/000: 25 (of 84)

00000/0: 22 (of 62)

000000: 58:18

0000:

Senioren 1 MK40

00000: 2(of 5)

0000000: 1:10:48

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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	9:54	18:00	1	-	11	2:21	0.55	9:54	18:00	1	-	63	2:21
Wechsel S -> R	-	2:03	-	3	0:10	25	0:55	0.55	11:57	21:43	1	-	62	3:04
Schwimmen 000	0.55	11:57	21:43	1	-	62	3:04	0.55	11:57	21:43	1	-	62	3:04
Rad netto	20.00	34:06	1:42	2	1:23	17	12:46	20.55	46:03	2:14	2	0:31	14	6:58
Wechsel R -> L	-	1:21	-	3	0:08	34	0:41	20.55	47:24	2:18	2	0:39	61	6:44
Rad 000	20.00	35:27	1:46	2	1:31	17	11:09	20.55	47:24	2:18	2	0:39	61	6:44
Lauf	5.00	25:24	5:04	3	1:57	37	7:46	25.55	1:12:48	2:50	2	2:00	22	14:30