



VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

FF - Frank Faust

000: 1:23:52

00: 313

00: 17.89 km/h

0000: 3:17 min/km

00: 25.55 km

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

00000: 3 (of 8)

000000: 1:08:01

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00000: 3(of 8)

Jedermann

0000000: 1:08:01

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.55	9:43	17:39	2	0:21	2	0:21	0.55	9:43	17:39	2	0:21	2	0:21
Rad netto	20.00	47:02	2:21	5	9:33	5	9:33	20.55	56:45	2:45	3	9:09	3	9:09
Lauf	5.00	27:07	5:25	4	6:42	4	6:42	25.55	1:23:52	3:16	3	15:51	3	15:51