



# VR Bank ChariTria Bünden

Bünden / 26.05.2019

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Marek, Denise

000: 1:12:12

00: 282

00: 25.55 km

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

00000/000: 23 (of 84)

00000/0: 3 (of 22)

000000: 1:03:29

0000:

Frauen AK4

00000: 1(of 5)

0000000: 1:12:12

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
Schwimmen nett	0.55	11:04	20:07	2	0:16	5	0:58	0.55	11:04	20:07	2	0:16	5	0:58
Wechsel S -> R	-	1:53	-	1	-	3	0:27	0.55	12:57	23:32	1	-	3	1:25
Schwimmen 000	0.55	12:57	23:32	1	-	3	1:25	0.55	12:57	23:32	1	-	3	1:25
Rad netto	20.00	34:48	1:44	3	5:43	5	5:43	20.55	47:45	2:19	2	0:02	4	3:46
Wechsel R -> L	-	1:07	-	1	-	4	0:17	20.55	48:52	2:22	1	-	3	4:03
Rad 000	20.00	35:55	1:47	2	5:32	4	5:32	20.55	48:52	2:22	1	-	3	4:03
Lauf	5.00	23:20	4:39	1	-	3	4:40	25.55	1:12:12	2:49	1	-	3	8:43