



VR Bank ChariTria Bünden

Bünden / 26.05.2019

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Heerd, Ramona

000: 1:14:16

00: 292

00: 25.55 km

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

00000/000: 28 (of 84)

00000/0: 4 (of 22)

000000: 1:03:29

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00000: 1(of 4)

Seniorinnen 1 WK40

0000000: 1:14:16

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	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	11:54	21:38	1	-	8	1:48	0.55	11:54	21:38	1	-	8	1:48
Wechsel S -> R	-	2:01	-	1	-	4	0:35	0.55	13:55	25:18	1	-	7	2:23
Schwimmen 000	0.55	13:55	25:18	1	-	7	2:23	0.55	13:55	25:18	1	-	7	2:23
Rad netto	20.00	35:41	1:47	1	-	6	6:36	20.55	49:36	2:24	1	-	6	5:37
Wechsel R -> L	-	0:58	-	1	-	3	0:08	20.55	50:34	2:27	1	-	5	5:45
Rad 000	20.00	36:39	1:49	1	-	5	6:16	20.55	50:34	2:27	1	-	5	5:45
Lauf	5.00	23:42	4:44	1	-	4	5:02	25.55	1:14:16	2:54	1	-	4	10:47