



# VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

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Thaler, Markus

000: 1:16:10

00: 303

00: 25.55 km

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

00000/000: 38 (of 84)

00000/0: 34 (of 62)

000000: 58:18

0000:

Männer AK3

00000: 6(of 7)

0000000: 1:09:28

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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	13:15	24:05	5	4:29	44	5:42	0.55	13:15	24:05	8	4:29	44	5:42
Wechsel S -> R	-	2:26	-	4	0:59	35	1:18	0.55	15:41	28:30	8	4:10	43	6:48
Schwimmen 000	0.55	15:41	28:30	8	4:10	43	6:48	0.55	15:41	28:30	8	4:10	43	6:48
Rad netto	20.00	36:46	1:50	6	4:36	32	15:26	20.55	52:27	2:33	8	7:01	61	13:22
Wechsel R -> L	-	0:40	-	1	-	1	-	20.55	53:07	2:35	8	6:45	34	12:27
Rad 000	20.00	37:26	1:52	5	4:20	27	13:08	20.55	53:07	2:35	8	6:45	34	12:27
Lauf	5.00	23:03	4:36	2	0:33	21	5:25	25.55	1:16:10	2:58	6	6:42	34	17:52