



VR Bank ChariTria Bünden

Bünden / 26.05.2019

0000

Turner, Sabrina

000: 1:20:47

00: 316

00: 25.55 km

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

00000/000: 48 (of 84)

00000/0: 7 (of 22)

000000: 1:03:29

0000:

00000: 2(of 5)

Frauen AK4

0000000: 1:12:12

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	11:43	21:18	3	0:55	7	1:37	0.55	11:43	21:18	3	0:55	7	1:37	
Wechsel S -> R	-	2:23	-	3	0:30	7	0:57	0.55	14:06	25:38	3	1:09	8	2:34	
Schwimmen 000	0.55	14:06	25:38	3	1:09	8	2:34	0.55	14:06	25:38	3	1:09	8	2:34	
Rad netto	20.00	38:49	1:56	4	9:44	9	9:44	20.55	52:55	2:34	4	5:12	8	8:56	
Wechsel R -> L	-	1:28	-	4	0:21	15	0:38	20.55	54:23	2:38	4	5:31	8	9:34	
Rad 000	20.00	40:17	2:00	4	9:54	9	9:54	20.55	54:23	2:38	4	5:31	8	9:34	
Lauf	5.00	26:24	5:16	3	3:04	8	7:44	25.55	1:20:47	3:09	2	8:35	7	17:18	