



# VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

Vogt, Jonathan

000: 1:27:14

00: 319

00: 25.55 km

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

00000/000: 66 (of 84)

00000/0: 54 (of 62)

000000: 58:18

0000:

Männer AK1

00000: 5(of 5)

0000000: 58:18

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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	15:52	28:50	5	8:19	59	8:19	0.55	15:52	28:50	5	8:19	59	8:19	
Wechsel S -> R	-	4:02	-	5	2:44	59	2:54	0.55	19:54	36:10	5	11:01	58	11:01	
Schwimmen 000	0.55	19:54	36:10	5	11:01	58	11:01	0.55	19:54	36:10	5	11:01	58	11:01	
Rad netto	20.00	42:01	2:06	5	11:03	52	20:41	20.55	1:01:55	3:00	5	22:04	61	22:50	
Wechsel R -> L	-	0:49	-	2	0:01	10	0:09	20.55	1:02:44	3:03	5	22:04	55	22:04	
Rad 000	20.00	42:50	2:08	4	11:03	49	18:32	20.55	1:02:44	3:03	5	22:04	55	22:04	
Lauf	5.00	24:30	4:54	4	6:52	30	6:52	25.55	1:27:14	3:24	5	28:56	54	28:56	