



# VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

Karl, Franz

000: 1:37:55

00: 306

00: 25.55 km

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

00000/000: 71 (of 84)

00000/0: 57 (of 62)

000000: 58:18

0000:

Senioren 5 MK60

00000: 1(of 1)

0000000: 1:37:55

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0000

000

| 000            | 00 km | 00 00 min/km | 00 -  | 00 - | 00 0 | 00 0 | 000 km | 000 00 min/km | 000 -   | 00 -  | 00 0 | 00 0 |    |       |
|----------------|-------|--------------|-------|------|------|------|--------|---------------|---------|-------|------|------|----|-------|
| Schwimmen nett | 0.55  | 17:10        | 31:12 | 1    | -    | 60   | 9:37   | 0.55          | 17:10   | 31:12 | 1    | -    | 60 | 9:37  |
| Wechsel S -> R | -     | 4:18         | -     | 1    | -    | 60   | 3:10   | 0.55          | 21:28   | 39:01 | 1    | -    | 60 | 12:35 |
| Schwimmen 000  | 0.55  | 21:28        | 39:01 | 1    | -    | 60   | 12:35  | 0.55          | 21:28   | 39:01 | 1    | -    | 60 | 12:35 |
| Rad netto      | 20.00 | 42:37        | 2:07  | 1    | -    | 54   | 21:17  | 20.55         | 1:04:05 | 3:07  | 1    | -    | 61 | 25:00 |
| Wechsel R -> L | -     | 2:25         | -     | 1    | -    | 57   | 1:45   | 20.55         | 1:06:30 | 3:14  | 1    | -    | 56 | 25:50 |
| Rad 000        | 20.00 | 45:02        | 2:15  | 1    | -    | 55   | 20:44  | 20.55         | 1:06:30 | 3:14  | 1    | -    | 56 | 25:50 |
| Lauf           | 5.00  | 31:25        | 6:16  | 1    | -    | 58   | 13:47  | 25.55         | 1:37:55 | 3:49  | 1    | -    | 57 | 39:37 |