



VR Bank ChariTria Büdingen

Büdingen / 26.05.2019

□□□□

Peltzer, Hanna

□□□: 1:43:36

□□: 295

□□: 25.55 km

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

□□□□□/□□□: 77 (of 84)

□□□□□/□: 17 (of 22)

□□□□□□: 1:03:29

□□□□:

Seniorinnen 3 WK50

□□□□□: 2(of 3)

□□□□□□□: 1:22:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	16:48	30:32	3	4:41	22	6:42	0.55	16:48	30:32	3	4:41	22	6:42
Wechsel S -> R	-	4:48	-	3	1:23	21	3:22	0.55	21:36	39:16	3	5:59	21	10:04
Schwimmen □□□	0.55	21:36	39:16	3	5:59	21	10:04	0.55	21:36	39:16	3	5:59	21	10:04
Rad netto	20.00	49:17	2:27	2	11:06	16	20:12	20.55	1:10:53	3:26	2	17:05	17	26:54
Wechsel R -> L	-	1:17	-	2	0:21	10	0:27	20.55	1:12:10	3:30	2	16:59	17	27:21
Rad □□□	20.00	50:34	2:31	2	11:00	16	20:11	20.55	1:12:10	3:30	2	16:59	17	27:21
Lauf	5.00	31:26	6:17	2	4:13	15	12:46	25.55	1:43:36	4:03	2	21:12	17	40:07