



VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

Heid, Christoph

000: 2:27:07

00: 27

00: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

00000/000: 17 (of 46)

00000/0: 14 (of 36)

000000: 2:06:59

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Senioren 3 MK50

00000: 3(of 7)

0000000: 2:15:17

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	27:44	22:11	5	3:10	23	9:59	1.25	27:44	22:11	5	3:10	37	9:59
Wechsel S -> R	-	3:05	-	4	1:09	27	1:31	1.25	30:49	24:39	4	4:19	37	11:27
Schwimmen 000	1.25	30:49	24:39	4	4:19	37	11:27	1.25	30:49	24:39	4	4:19	37	11:27
Rad netto	38.00	1:04:15	1:41	2	0:19	10	5:00	39.25	1:35:04	2:25	2	4:38	12	12:10
Wechsel R -> L	-	2:10	-	4	1:10	31	1:12	39.25	1:37:14	2:28	2	5:48	13	13:08
Rad 000	38.00	1:06:25	1:44	2	1:29	13	5:58	39.25	1:37:14	2:28	2	5:48	13	13:08
Lauf	10.00	49:53	4:59	4	6:02	18	11:22	49.25	2:27:07	2:59	3	11:50	14	20:08