



VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

Dill, Matthias

000: 2:28:38

00: 4

00: 49.25 km

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

00000/000: 23 (of 46)

00000/0: 20 (of 36)

000000: 2:06:59

0000:

Männer AK2

00000: 3(of 4)

0000000: 2:06:59

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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	21:44	17:23	1	-	3	3:59	1.25	21:44	17:23	1	-	37	3:59
Wechsel S -> R	-	2:28	-	2	0:10	17	0:54	1.25	24:12	19:21	1	-	37	4:50
Schwimmen 000	1.25	24:12	19:21	1	-	37	4:50	1.25	24:12	19:21	1	-	37	4:50
Rad netto	38.00	1:14:28	1:57	3	12:25	30	15:13	39.25	1:38:40	2:30	5	11:42	19	15:46
Wechsel R -> L	-	1:35	-	3	0:10	23	0:37	39.25	1:40:15	2:33	5	11:47	20	16:09
Rad 000	38.00	1:16:03	2:00	3	12:30	30	15:36	39.25	1:40:15	2:33	5	11:47	20	16:09
Lauf	10.00	48:23	4:50	3	9:52	17	9:52	49.25	2:28:38	3:01	3	21:39	20	21:39