



VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

0000

Blum, Sebastian

000: 1:09:28

00: 230

00: 25.55 km

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

00000/000: 14 (of 84)

00000/0: 13 (of 62)

000000: 58:18

0000:

Männer AK3

00000: 1(of 7)

0000000: 1:09:28

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	11:49	21:29	4	3:03	32	4:16	0.55	11:49	21:29	4	3:03	63	4:16
Wechsel S -> R	-	1:27	-	1	-	6	0:19	0.55	13:16	24:07	3	1:45	25	4:23
Schwimmen 000	0.55	13:16	24:07	3	1:45	25	4:23	0.55	13:16	24:07	3	1:45	25	4:23
Rad netto	20.00	32:10	1:36	1	-	7	10:50	20.55	45:26	2:12	1	-	11	6:21
Wechsel R -> L	-	0:56	-	4	0:16	17	0:16	20.55	46:22	2:15	1	-	61	5:42
Rad 000	20.00	33:06	1:39	1	-	5	8:48	20.55	46:22	2:15	1	-	61	5:42
Lauf	5.00	23:06	4:37	3	0:36	22	5:28	25.55	1:09:28	2:43	1	-	13	11:10