



VR Bank ChariTria Bünden

Bünden / 26.05.2019

0000

Julien, Francois

000: 1:15:58

00: 232

00: 25.55 km

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

00000/000: 37 (of 84)

00000/0: 33 (of 62)

000000: 58:18

0000:

Männer AK3

00000: 5(of 7)

0000000: 1:09:28

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	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	0.55	8:46	15:56	1	-	6	1:13	0.55	8:46	15:56	1	-	63	1:13
Wechsel S -> R	-	2:45	-	6	1:18	46	1:37	0.55	11:31	20:56	1	-	62	2:38
Schwimmen 000	0.55	11:31	20:56	1	-	62	2:38	0.55	11:31	20:56	1	-	62	2:38
Rad netto	20.00	36:45	1:50	5	4:35	31	15:25	20.55	48:16	2:20	2	2:50	19	9:11
Wechsel R -> L	-	1:50	-	6	1:10	49	1:10	20.55	50:06	2:26	3	3:44	61	9:26
Rad 000	20.00	38:35	1:55	6	5:29	33	14:17	20.55	50:06	2:26	3	3:44	61	9:26
Lauf	5.00	25:52	5:10	6	3:22	42	8:14	25.55	1:15:58	2:58	5	6:30	33	17:40