



VR Bank ChariTria Büdingen

Büdingen / 26.05.2019

0000

Koch, Nils

000: 1:19:56

00: 223

00: 25.55 km

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

00000/000: 44 (of 84)

00000/0: 39 (of 62)

000000: 58:18

0000:

Männer AK2

00000: 9(of 11)

0000000: 1:04:14

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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	0.55	12:54	23:27	10	4:26	41	5:21	0.55	12:54	23:27	10	4:26	63	5:21
Wechsel S -> R	-	1:59	-	6	0:45	23	0:51	0.55	14:53	27:03	8	4:51	62	6:00
Schwimmen 000	0.55	14:53	27:03	8	4:51	62	6:00	0.55	14:53	27:03	8	4:51	62	6:00
Rad netto	20.00	38:43	1:56	7	17:23	41	17:23	20.55	53:36	2:36	8	14:31	41	14:31
Wechsel R -> L	-	1:20	-	7	0:40	33	0:40	20.55	54:56	2:40	8	12:53	61	14:16
Rad 000	20.00	40:03	2:00	7	15:45	40	15:45	20.55	54:56	2:40	8	12:53	61	14:16
Lauf	5.00	25:00	5:00	5	4:43	32	7:22	25.55	1:19:56	3:07	9	15:42	39	21:38