



VR Bank ChariTria Bünden

Bünden / 26.05.2019

0000

Ruppert, Mathias

000: 1:20:35

00: 243

00: 25.55 km

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

00000/000: 46 (of 84)

00000/0: 41 (of 62)

000000: 58:18

0000:

00000: 4(of 5)

Senioren 1 MK40

0000000: 1:10:48

0000

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	13:34	24:39	4	3:40	48	6:01	0.55	13:34	24:39	4	3:40	63	6:01
Wechsel S -> R	-	2:21	-	4	0:28	31	1:13	0.55	15:55	28:56	4	3:58	62	7:02
Schwimmen 000	0.55	15:55	28:56	4	3:58	62	7:02	0.55	15:55	28:56	4	3:58	62	7:02
Rad netto	20.00	37:37	1:52	4	4:54	35	16:17	20.55	53:32	2:36	4	8:00	38	14:27
Wechsel R -> L	-	1:29	-	4	0:16	41	0:49	20.55	55:01	2:40	4	8:16	61	14:21
Rad 000	20.00	39:06	1:57	4	5:10	36	14:48	20.55	55:01	2:40	4	8:16	61	14:21
Lauf	5.00	25:34	5:06	4	2:07	38	7:56	25.55	1:20:35	3:09	4	9:47	41	22:17