



VR Bank ChariTria Bidingen

Bidingen / 26.05.2019

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Sitte, Thomas

000: 2:54:57

00: Helaba BSG Triathlon

00: 29

00: 49.25 km

00000/000: 45 (of 46)

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

00000/0: 36 (of 36)

000000: 2:06:59

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00000: 4(of 4)

Senioren 4 MK55

0000000: 2:08:46

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	30:02	24:01	4	12:17	31	12:17	1.25	30:02	24:01	5	12:17	37	12:17
Wechsel S -> R	-	3:34	-	2	1:57	28	2:00	1.25	33:36	26:52	5	14:14	37	14:14
Schwimmen 000	1.25	33:36	26:52	5	14:14	37	14:14	1.25	33:36	26:52	5	14:14	37	14:14
Rad netto	38.00	1:18:15	2:03	3	14:35	33	19:00	39.25	1:51:51	2:50	5	28:49	35	28:57
Wechsel R -> L	-	1:58	-	3	0:49	29	1:00	39.25	1:53:49	2:53	5	29:38	35	29:43
Rad 000	38.00	1:20:13	2:06	3	15:24	33	19:46	39.25	1:53:49	2:53	5	29:38	35	29:43
Lauf	10.00	1:01:08	6:06	4	16:33	35	22:37	49.25	2:54:57	3:33	4	46:11	36	47:58