



# VR Bank Charity Duathlon Bidingen

Bidingen / 16.08.2020

0000

JoJoMa

000: 1:49:00

00: 28

00: 27.80 km/h

0000: 2:10 min/km

00: 50.50 km

Chari Tria Olymp Duathlon Staffel (10-38-2,5) 00000: 1 (of 1)

000000: 1:49:00

0000:

00000: 1(of 1)

Olympische Distanz

0000000: 1:49:00

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0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Wechsel L -> R	10.00	36:24	3:38	1	-	1	-	10.00	36:24	3:38	1	-	1	-
Wechsel R -> L	38.00	1:00:18	1:35	1	-	1	-	48.00	1:36:42	2:00	1	-	1	-
Lauf	2.50	12:18	4:55	1	-	1	-	50.50	1:49:00	2:09	1	-	1	-