



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Kristina Scholz

□□□: 1:25:38

□□: -

□□: 251

□□: 25.55 km

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

□□□□□/□□□: 68 (of 84)

□□□□□/□: 17 (of 25)

□□□□□□: 55:34

□□□□:

Frauen AK3

□□□□□: 1(of 3)

□□□□□□□: 1:25:38

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 9:51 | 17:54 | 1 | - | 8 | 1:52 | 0.55 | 9:51 | 17:54 | 1 | - | 25 | 1:52 |
| Wechsel S -> R | - | 2:58 | - | 1 | - | 12 | 1:15 | 0.55 | 12:49 | 23:18 | 1 | - | 25 | 2:40 |
| Schwimmen □□□ | 0.55 | 12:49 | 23:18 | 1 | - | 25 | 2:40 | 0.55 | 12:49 | 23:18 | 1 | - | 25 | 2:40 |
| Rad netto | 20.00 | 45:00 | 2:15 | 2 | 0:10 | 21 | 23:56 | 20.55 | 57:49 | 2:48 | 1 | - | 26 | 24:39 |
| Wechsel R -> L | - | 1:20 | - | 2 | 0:25 | 19 | 0:41 | 20.55 | 59:09 | 2:52 | 1 | - | 26 | 24:45 |
| Rad □□□ | 20.00 | 46:20 | 2:19 | 2 | 0:35 | 20 | 24:02 | 20.55 | 59:09 | 2:52 | 1 | - | 26 | 24:45 |
| Lauf | 5.00 | 26:29 | 5:17 | 1 | - | 14 | 6:10 | 25.55 | 1:25:38 | 3:21 | 1 | - | 17 | 30:04 |