



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

**Kenneth Abt**

□□□: 2:29:17

□□: SGB Handball

□□: 41

□□: 49.25 km

□□□□□/□□□: 43 (of 64)

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

□□□□□/□: 39 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 3(of 3)

Männer AK1

□□□□□□□: 1:59:57

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	30:54	24:43	3	9:45	50	13:43	1.25	30:54	24:43	4	9:45	56	13:43
Wechsel S -> R	-	4:04	-	3	2:13	49	3:25	1.25	34:58	27:58	4	11:58	56	15:42
Schwimmen □□□	1.25	34:58	27:58	4	11:58	56	15:42	1.25	34:58	27:58	4	11:58	56	15:42
Rad netto	38.00	1:07:52	1:47	3	8:57	41	38:15	39.25	1:42:50	2:37	4	20:41	56	49:44
Wechsel R -> L	-	1:25	-	2	0:21	21	0:36	39.25	1:44:15	2:39	4	21:02	56	50:20
Rad □□□	38.00	1:09:17	1:49	3	9:04	39	38:51	39.25	1:44:15	2:39	4	21:02	56	50:20
Lauf	10.00	45:02	4:30	3	11:23	37	11:23	49.25	2:29:17	3:01	3	29:20	39	39:23