



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Sören Hartmann

000: 2:03:35

00: KSV Reichelsheim

00: 17

00: 49.25 km

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

00000/000: 9 (of 64)

00000/0: 9 (of 55)

000000: 1:49:54

0000:

Männer AK2

00000: 3(of 6)

0000000: 1:59:22

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	21:24	17:07	2	0:21	8	4:13	1.25	21:24	17:07	7	0:21	56	4:13
Wechsel S -> R	-	1:58	-	3	0:04	7	1:19	1.25	23:22	18:41	7	0:22	56	4:06
Schwimmen 000	1.25	23:22	18:41	7	0:22	56	4:06	1.25	23:22	18:41	7	0:22	56	4:06
Rad netto	38.00	1:00:45	1:35	3	2:22	16	31:08	39.25	1:24:07	2:08	7	2:03	56	31:01
Wechsel R -> L	-	1:06	-	2	0:03	6	0:17	39.25	1:25:13	2:10	7	1:50	56	31:18
Rad 000	38.00	1:01:51	1:37	3	2:18	16	31:25	39.25	1:25:13	2:10	7	1:50	56	31:18
Lauf	10.00	38:22	3:50	3	2:23	12	4:43	49.25	2:03:35	2:30	3	4:13	9	13:41