



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Manuel Riedel

□□□: 2:13:54

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□□: 63

□□: 49.25 km

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

□□□□□/□□□: 20 (of 64)

□□□□□/□: 20 (of 55)

□□□□□□: 1:49:54

□□□□:

Männer AK3

□□□□□: 3(of 10)

□□□□□□□: 2:07:53

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25     | 28:01    | 22:24        | 5       | 6:27    | 41      | 10:50   | 1.25  | 28:01     | 22:24     | 5             | 6:27    | 56      | 10:50   |         |
| Wechsel S -> R | -        | 2:55     | -            | 4       | 2:16    | 28      | 2:16    | 1.25  | 30:56     | 24:44     | 11            | 6:34    | 56      | 11:40   |         |
| Schwimmen □□□  | 1.25     | 30:56    | 24:44        | 11      | 6:34    | 56      | 11:40   | 1.25  | 30:56     | 24:44     | 11            | 6:34    | 56      | 11:40   |         |
| Rad netto      | 38.00    | 58:50    | 1:32         | 2       | 1:38    | 7       | 29:13   | 39.25 | 1:29:46   | 2:17      | 11            | 4:26    | 56      | 36:40   |         |
| Wechsel R -> L | -        | 1:12     | -            | 2       | 0:06    | 14      | 0:23    | 39.25 | 1:30:58   | 2:19      | 11            | 4:12    | 56      | 37:03   |         |
| Rad □□□        | 38.00    | 1:00:02  | 1:34         | 2       | 1:38    | 7       | 29:36   | 39.25 | 1:30:58   | 2:19      | 11            | 4:12    | 56      | 37:03   |         |
| Lauf           | 10.00    | 42:56    | 4:17         | 5       | 6:28    | 27      | 9:17    | 49.25 | 2:13:54   | 2:43      | 3             | 6:01    | 20      | 24:00   |         |