



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Kai Hagemann

□□□: 2:29:28

□□: keiner

□□: 30

□□: 49.25 km

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

□□□□□/□□□: 44 (of 64)

□□□□□/□: 40 (of 55)

□□□□□□: 1:49:54

□□□□:

Männer AK3

□□□□□: 5(of 10)

□□□□□□□: 2:07:53

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	22:24	17:55	2	0:50	11	5:13	1.25	22:24	17:55	11	0:50	56	5:13
Wechsel S -> R	-	3:02	-	6	2:23	33	2:23	1.25	25:26	20:20	11	1:04	56	6:10
Schwimmen □□□	1.25	25:26	20:20	11	1:04	56	6:10	1.25	25:26	20:20	11	1:04	56	6:10
Rad netto	38.00	1:19:55	2:06	10	22:43	54	50:18	39.25	1:45:21	2:41	11	20:01	56	52:15
Wechsel R -> L	-	1:58	-	9	0:52	43	1:09	39.25	1:47:19	2:44	11	20:33	56	53:24
Rad □□□	38.00	1:21:53	2:09	10	23:29	54	51:27	39.25	1:47:19	2:44	11	20:33	56	53:24
Lauf	10.00	42:09	4:12	4	5:41	24	8:30	49.25	2:29:28	3:02	5	21:35	40	39:34