



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

0000

Federico Amor

000: 2:38:14

00: .

00: 25

00: 49.25 km

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

00000/000: 59 (of 64)

00000/0: 52 (of 55)

000000: 1:49:54

0000:

Männer AK4

00000: 6(of 6)

0000000: 1:59:06

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.25	27:21	21:52	6	8:36	35	10:10	1.25	27:21	21:52	7	8:36	56	10:10
Wechsel S -> R	-	3:12	-	4	1:34	35	2:33	1.25	30:33	24:26	7	10:10	56	11:17
Schwimmen 000	1.25	30:33	24:26	7	10:10	56	11:17	1.25	30:33	24:26	7	10:10	56	11:17
Rad netto	38.00	1:12:16	1:54	6	12:52	49	42:39	39.25	1:42:49	2:37	7	23:02	56	49:43
Wechsel R -> L	-	2:21	-	6	1:15	51	1:32	39.25	1:45:10	2:40	7	24:17	56	51:15
Rad 000	38.00	1:14:37	1:57	6	14:07	50	44:11	39.25	1:45:10	2:40	7	24:17	56	51:15
Lauf	10.00	53:04	5:18	6	14:51	53	19:25	49.25	2:38:14	3:12	6	39:08	52	48:20