



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Christoph Kahn

000: 1:53:30

00: Tuspo Hörbach

00: 8

00: 49.25 km

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

00000/000: 2 (of 64)

00000/0: 2 (of 55)

000000: 1:49:54

0000:

Senioren 1 MK40

00000: 2(of 5)

0000000: 1:49:54

0000

0000

000

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	17:11	13:44	1	-	1	-	1.25	17:11	13:44	1	-	1	-
Wechsel S -> R	-	2:05	-	1	-	9	1:26	1.25	19:16	15:24	1	-	1	-
Schwimmen 000	1.25	19:16	15:24	1	-	1	-	1.25	19:16	15:24	1	-	1	-
Rad netto	38.00	56:35	1:29	2	2:34	3	26:58	39.25	1:15:51	1:55	6	1:08	56	22:45
Wechsel R -> L	-	0:56	-	1	-	3	0:07	39.25	1:16:47	1:57	6	0:56	56	22:52
Rad 000	38.00	57:31	1:30	2	2:22	3	27:05	39.25	1:16:47	1:57	6	0:56	56	22:52
Lauf	10.00	36:43	3:40	2	2:40	6	3:04	49.25	1:53:30	2:18	2	3:36	2	3:36