



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Inga-Simone Kern

□□□: 1:19:41

□□: ASC Dillenburg

□□: 258

□□: 25.55 km

Chari Tria (0,55-20,0-5,0)

□□□□□/□□□: 56 (of 84)

□□□□□/□: 12 (of 25)

□□□□□□: 55:34

□□□□:

Frauen AK4

□□□□□: 1(of 2)

□□□□□□□: 1:19:41

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□□□□

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 13:19    | 24:12        | 1       | -       | 18      | 5:20    | 0.55  | 13:19     | 24:12         | 1       | -       | 25      | 5:20    |
| Wechsel S -> R | -        | 2:55     | -            | 1       | -       | 11      | 1:12    | 0.55  | 16:14     | 29:30         | 1       | -       | 25      | 6:05    |
| Schwimmen □□□  | 0.55     | 16:14    | 29:30        | 1       | -       | 25      | 6:05    | 0.55  | 16:14     | 29:30         | 1       | -       | 25      | 6:05    |
| Rad netto      | 20.00    | 38:06    | 1:54         | 1       | -       | 9       | 17:02   | 20.55 | 54:20     | 2:38          | 2       | 13:11   | 26      | 21:10   |
| Wechsel R -> L | -        | 1:30     | -            | 2       | 0:26    | 23      | 0:51    | 20.55 | 55:50     | 2:43          | 2       | 13:37   | 26      | 21:26   |
| Rad □□□        | 20.00    | 39:36    | 1:58         | 1       | -       | 10      | 17:18   | 20.55 | 55:50     | 2:43          | 2       | 13:37   | 26      | 21:26   |
| Lauf           | 5.00     | 23:51    | 4:46         | 1       | -       | 10      | 3:32    | 25.55 | 1:19:41   | 3:07          | 1       | -       | 12      | 24:07   |