



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

**Micha Basseler**

000: 2:10:20

00: Team Nordic by Nature

00: 7

00: 49.25 km

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

00000/000: 14 (of 64)

00000/0: 14 (of 55)

000000: 1:49:54

0000:

Senioren 2 MK45

00000: 4(of 12)

0000000: 1:57:23

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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	21:25	17:07	3	2:09	9	4:14	1.25	21:25	17:07	13	2:09	56	4:14
Wechsel S -> R	-	2:07	-	3	0:13	12	1:28	1.25	23:32	18:49	13	2:22	56	4:16
Schwimmen 000	1.25	23:32	18:49	13	2:22	56	4:16	1.25	23:32	18:49	13	2:22	56	4:16
Rad netto	38.00	1:01:14	1:36	4	31:37	18	31:37	39.25	1:24:46	2:09	13	31:40	56	31:40
Wechsel R -> L	-	1:16	-	5	0:27	17	0:27	39.25	1:26:02	2:11	13	32:07	56	32:07
Rad 000	38.00	1:02:30	1:38	4	32:04	17	32:04	39.25	1:26:02	2:11	13	32:07	56	32:07
Lauf	10.00	44:18	4:25	8	8:48	34	10:39	49.25	2:10:20	2:38	4	12:57	14	20:26