



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Ralph Setzer

□□□: 2:19:27

□□: EOSC Offenbach

□□: 37

□□: 49.25 km

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

□□□□□/□□□: 30 (of 64)

□□□□□/□: 28 (of 55)

□□□□□□: 1:49:54

□□□□:

Senioren 2 MK45

□□□□□: 6(of 12)

□□□□□□□: 1:57:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	25:55	20:44	7	6:39	31	8:44	1.25	25:55	20:44	13	6:39	56	8:44
Wechsel S -> R	-	3:51	-	10	1:57	46	3:12	1.25	29:46	23:48	13	8:36	56	10:30
Schwimmen □□□	1.25	29:46	23:48	13	8:36	56	10:30	1.25	29:46	23:48	13	8:36	56	10:30
Rad netto	38.00	1:04:47	1:42	8	35:10	31	35:10	39.25	1:34:33	2:24	8	41:27	31	41:27
Wechsel R -> L	-	1:57	-	9	1:08	41	1:08	39.25	1:36:30	2:27	8	42:35	31	42:35
Rad □□□	38.00	1:06:44	1:45	8	36:18	29	36:18	39.25	1:36:30	2:27	8	42:35	31	42:35
Lauf	10.00	42:57	4:17	6	7:27	28	9:18	49.25	2:19:27	2:49	6	22:04	28	29:33