



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Andre Schiemenowski

□□□: 2:20:44

□□: KEINER

□□: 21

□□: 49.25 km

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

□□□□□/□□□: 34 (of 64)

□□□□□/□: 32 (of 55)

□□□□□□: 1:49:54

□□□□:

Senioren 2 MK45

□□□□□: 7(of 12)

□□□□□□□: 1:57:23

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 22:48 | 18:14 | 5 | 3:32 | 15 | 5:37 | 1.25 | 22:48 | 18:14 | 13 | 3:32 | 56 | 5:37 |
| Wechsel S -> R | - | 2:35 | - | 7 | 0:41 | 21 | 1:56 | 1.25 | 25:23 | 20:18 | 13 | 4:13 | 56 | 6:07 |
| Schwimmen □□□ | 1.25 | 25:23 | 20:18 | 13 | 4:13 | 56 | 6:07 | 1.25 | 25:23 | 20:18 | 13 | 4:13 | 56 | 6:07 |
| Rad netto | 38.00 | 1:04:23 | 1:41 | 7 | 34:46 | 27 | 34:46 | 39.25 | 1:29:46 | 2:17 | 13 | 36:40 | 56 | 36:40 |
| Wechsel R -> L | - | 1:36 | - | 8 | 0:47 | 33 | 0:47 | 39.25 | 1:31:22 | 2:19 | 13 | 37:27 | 56 | 37:27 |
| Rad □□□ | 38.00 | 1:05:59 | 1:44 | 7 | 35:33 | 27 | 35:33 | 39.25 | 1:31:22 | 2:19 | 13 | 37:27 | 56 | 37:27 |
| Lauf | 10.00 | 49:22 | 4:56 | 12 | 13:52 | 46 | 15:43 | 49.25 | 2:20:44 | 2:51 | 7 | 23:21 | 32 | 30:50 |