



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Ralf Schimmel

000: 2:11:52

00: Tri Team Giessen

00: 62

00: 49.25 km

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

00000/000: 18 (of 64)

00000/0: 18 (of 55)

000000: 1:49:54

0000:

Senioren 3 MK50

00000: 3(of 8)

0000000: 2:09:47

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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	22:40	18:07	1	-	14	5:29	1.25	22:40	18:07	1	-	56	5:29
Wechsel S -> R	-	2:31	-	2	0:02	19	1:52	1.25	25:11	20:08	1	-	56	5:55
Schwimmen 000	1.25	25:11	20:08	1	-	56	5:55	1.25	25:11	20:08	1	-	56	5:55
Rad netto	38.00	1:02:15	1:38	3	2:16	19	32:38	39.25	1:27:26	2:13	9	0:39	56	34:20
Wechsel R -> L	-	1:28	-	5	0:14	24	0:39	39.25	1:28:54	2:15	9	0:44	56	34:59
Rad 000	38.00	1:03:43	1:40	3	2:21	19	33:17	39.25	1:28:54	2:15	9	0:44	56	34:59
Lauf	10.00	42:58	4:17	3	2:59	29	9:19	49.25	2:11:52	2:40	3	2:05	18	21:58