



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Matthias Landsee

□□□: 2:14:20

□□: RFC Oberstedten

□□: 32

□□: 49.25 km

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

□□□□□/□□□: 21 (of 64)

□□□□□/□: 21 (of 55)

□□□□□□: 1:49:54

□□□□:

Senioren 3 MK50

□□□□□: 4(of 8)

□□□□□□□: 2:09:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	24:08	19:18	3	1:28	22	6:57	1.25	24:08	19:18	9	1:28	56	6:57
Wechsel S -> R	-	2:33	-	3	0:04	20	1:54	1.25	26:41	21:20	9	1:30	56	7:25
Schwimmen □□□	1.25	26:41	21:20	9	1:30	56	7:25	1.25	26:41	21:20	9	1:30	56	7:25
Rad netto	38.00	1:02:41	1:38	4	2:42	20	33:04	39.25	1:29:22	2:16	9	2:35	56	36:16
Wechsel R -> L	-	1:21	-	2	0:07	19	0:32	39.25	1:30:43	2:18	9	2:33	56	36:48
Rad □□□	38.00	1:04:02	1:41	4	2:40	21	33:36	39.25	1:30:43	2:18	9	2:33	56	36:48
Lauf	10.00	43:37	4:21	5	3:38	32	9:58	49.25	2:14:20	2:43	4	4:33	21	24:26