



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Sahin Duygun

□□□: 2:14:36

□□: SSC HANAU-RODENBACH

□□: 27

□□: 49.25 km

□□□□□/□□□: 22 (of 64)

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

□□□□□/□: 22 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 5(of 8)

Senioren 3 MK50

□□□□□□□: 2:09:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	26:08	20:54	6	3:28	33	8:57	1.25	26:08	20:54	9	3:28	56	8:57
Wechsel S -> R	-	3:55	-	7	1:26	47	3:16	1.25	30:03	24:02	9	4:52	56	10:47
Schwimmen □□□	1.25	30:03	24:02	9	4:52	56	10:47	1.25	30:03	24:02	9	4:52	56	10:47
Rad netto	38.00	1:02:58	1:39	5	2:59	22	33:21	39.25	1:33:01	2:22	9	6:14	56	39:55
Wechsel R -> L	-	1:36	-	6	0:22	33	0:47	39.25	1:34:37	2:24	9	6:27	56	40:42
Rad □□□	38.00	1:04:34	1:41	5	3:12	23	34:08	39.25	1:34:37	2:24	9	6:27	56	40:42
Lauf	10.00	39:59	3:59	1	-	15	6:20	49.25	2:14:36	2:43	5	4:49	22	24:42