



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 |