



9. VR Bank ChariTria BÜdingen

Büdingen / 22.08.2021

□□□□

Martin Wilhelmi

□□□: 2:32:20

□□: -

□□: 56

□□: 49.25 km

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

□□□□□/□□□: 49 (of 64)

□□□□□/□: 44 (of 55)

□□□□□□: 1:49:54

□□□□:

Senioren 3 MK50

□□□□□: 6(of 8)

□□□□□□□: 2:09:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	27:44	22:11	7	5:04	38	10:33	1.25	27:44	22:11	9	5:04	56	10:33
Wechsel S -> R	-	3:15	-	6	0:46	36	2:36	1.25	30:59	24:47	9	5:48	56	11:43
Schwimmen □□□	1.25	30:59	24:47	9	5:48	56	11:43	1.25	30:59	24:47	9	5:48	56	11:43
Rad netto	38.00	1:10:03	1:50	7	10:04	44	40:26	39.25	1:41:02	2:34	9	14:15	56	47:56
Wechsel R -> L	-	1:14	-	1	-	16	0:25	39.25	1:42:16	2:36	9	14:06	56	48:21
Rad □□□	38.00	1:11:17	1:52	7	9:55	44	40:51	39.25	1:42:16	2:36	9	14:06	56	48:21
Lauf	10.00	50:04	5:00	7	10:05	48	16:25	49.25	2:32:20	3:05	6	22:33	44	42:26