



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Olaf Zöger

000: 2:32:35

00: Team Erdinger Alkoholfrei

00: 55

00: 49.25 km

00000/000: 51 (of 64)

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

00000/0: 46 (of 55)

000000: 1:49:54

0000:

00000: 7(of 8)

Senioren 3 MK50

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	31:01	24:48	8	8:21	52	13:50	1.25	31:01	24:48	9	8:21	56	13:50
Wechsel S -> R	-	2:39	-	5	0:10	23	2:00	1.25	33:40	26:55	9	8:29	56	14:24
Schwimmen 000	1.25	33:40	26:55	9	8:29	56	14:24	1.25	33:40	26:55	9	8:29	56	14:24
Rad netto	38.00	1:07:46	1:46	6	7:47	40	38:09	39.25	1:41:26	2:35	9	14:39	56	48:20
Wechsel R -> L	-	1:40	-	7	0:26	35	0:51	39.25	1:43:06	2:37	9	14:56	56	49:11
Rad 000	38.00	1:09:26	1:49	6	8:04	40	39:00	39.25	1:43:06	2:37	9	14:56	56	49:11
Lauf	10.00	49:29	4:56	6	9:30	47	15:50	49.25	2:32:35	3:05	7	22:48	46	42:41