



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Michael Gottscheck

□□□: 2:34:41

□□: -

□□: 14

□□: 49.25 km

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

□□□□□/□□□: 55 (of 64)

□□□□□/□: 48 (of 55)

□□□□□□: 1:49:54

□□□□:

Senioren 3 MK50

□□□□□: 8(of 8)

□□□□□□□: 2:09:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	24:31	19:36	5	1:51	25	7:20	1.25	24:31	19:36	9	1:51	19	7:20
Wechsel S -> R	-	4:21	-	8	1:52	51	3:42	1.25	28:52	23:05	9	3:41	56	9:36
Schwimmen □□□	1.25	28:52	23:05	9	3:41	56	9:36	1.25	28:52	23:05	9	3:41	56	9:36
Rad netto	38.00	1:10:03	1:50	7	10:04	44	40:26	39.25	1:38:55	2:31	9	12:08	56	45:49
Wechsel R -> L	-	2:36	-	8	1:22	55	1:47	39.25	1:41:31	2:35	9	13:21	56	47:36
Rad □□□	38.00	1:12:39	1:54	8	11:17	46	42:13	39.25	1:41:31	2:35	9	13:21	56	47:36
Lauf	10.00	53:10	5:18	8	13:11	54	19:31	49.25	2:34:41	3:08	8	24:54	48	44:47