



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Gernot Rückziegel

000: 2:21:45

00: Lauffreife Freigericht

00: 35

00: 49.25 km

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

00000/000: 35 (of 64)

00000/0: 33 (of 55)

000000: 1:49:54

0000:

Senioren 4 MK55

00000: 1(of 2)

0000000: 2:21:45

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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	23:48	19:02	1	-	21	6:37	1.25	23:48	19:02	1	-	56	6:37
Wechsel S -> R	-	3:41	-	1	-	44	3:02	1.25	27:29	21:59	1	-	56	8:13
Schwimmen 000	1.25	27:29	21:59	1	-	56	8:13	1.25	27:29	21:59	1	-	56	8:13
Rad netto	38.00	1:04:46	1:42	1	-	30	35:09	39.25	1:32:15	2:21	1	-	56	39:09
Wechsel R -> L	-	2:07	-	2	0:10	47	1:18	39.25	1:34:22	2:24	1	-	56	40:27
Rad 000	38.00	1:06:53	1:45	1	-	31	36:27	39.25	1:34:22	2:24	1	-	56	40:27
Lauf	10.00	47:23	4:44	1	-	39	13:44	49.25	2:21:45	2:52	1	-	33	31:51