



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Torsten Erlebach

□□□: 2:51:31

□□: TRIA 03 Großenhausen

□□: 67

□□: 49.25 km

□□□□□/□□□: 63 (of 64)

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

□□□□□/□: 54 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 2(of 2)

Senioren 4 MK55

□□□□□□□: 2:21:45

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25     | 30:10    | 24:07        | 2       | 6:22    | 47      | 12:59   | 1.25  | 30:10     | 24:07         | 3       | 6:22    | 56      | 12:59   |
| Wechsel S -> R | -        | 4:29     | -            | 2       | 0:48    | 53      | 3:50    | 1.25  | 34:39     | 27:43         | 3       | 7:10    | 56      | 15:23   |
| Schwimmen □□□  | 1.25     | 34:39    | 27:43        | 3       | 7:10    | 56      | 15:23   | 1.25  | 34:39     | 27:43         | 3       | 7:10    | 56      | 15:23   |
| Rad netto      | 38.00    | 1:18:39  | 2:04         | 2       | 13:53   | 53      | 49:02   | 39.25 | 1:53:18   | 2:53          | 3       | 21:03   | 56      | 1:00:12 |
| Wechsel R -> L | -        | 1:57     | -            | 1       | -       | 41      | 1:08    | 39.25 | 1:55:15   | 2:56          | 3       | 20:53   | 56      | 1:01:20 |
| Rad □□□        | 38.00    | 1:20:36  | 2:07         | 2       | 13:43   | 53      | 50:10   | 39.25 | 1:55:15   | 2:56          | 3       | 20:53   | 56      | 1:01:20 |
| Lauf           | 10.00    | 56:16    | 5:37         | 2       | 8:53    | 55      | 22:37   | 49.25 | 2:51:31   | 3:28          | 2       | 29:46   | 54      | 1:01:37 |