



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Christian Fröhlich

□□□: 2:26:47

□□: Team Triathlon Dreikirchen

□□: 57

□□: 49.25 km

□□□□□/□□□: 40 (of 64)

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

□□□□□/□: 38 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 1(of 2)

Senioren 5 MK60

□□□□□□□: 2:26:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	28:14	22:35	1	-	42	11:03	1.25	28:14	22:35	1	-	56	11:03
Wechsel S -> R	-	2:42	-	1	-	24	2:03	1.25	30:56	24:44	1	-	56	11:40
Schwimmen □□□	1.25	30:56	24:44	1	-	56	11:40	1.25	30:56	24:44	1	-	56	11:40
Rad netto	38.00	1:10:19	1:51	2	1:21	46	40:42	39.25	1:41:15	2:34	1	-	56	48:09
Wechsel R -> L	-	1:06	-	1	-	6	0:17	39.25	1:42:21	2:36	1	-	56	48:26
Rad □□□	38.00	1:11:25	1:52	2	0:55	45	40:59	39.25	1:42:21	2:36	1	-	56	48:26
Lauf	10.00	44:26	4:26	1	-	35	10:47	49.25	2:26:47	2:58	1	-	38	36:53