



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Stephan Otto

□□□: 2:34:18

□□: TSV Hochdahl

□□: 49

□□: 49.25 km

□□□□□/□□□: 54 (of 64)

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

□□□□□/□: 47 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 2(of 2)

Senioren 5 MK60

□□□□□□□: 2:26:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	31:03	24:50	2	2:49	53	13:52	1.25	31:03	24:50	3	2:49	56	13:52
Wechsel S -> R	-	3:36	-	2	0:54	42	2:57	1.25	34:39	27:43	3	3:43	56	15:23
Schwimmen □□□	1.25	34:39	27:43	3	3:43	56	15:23	1.25	34:39	27:43	3	3:43	56	15:23
Rad netto	38.00	1:08:58	1:48	1	-	42	39:21	39.25	1:43:37	2:38	3	2:22	56	50:31
Wechsel R -> L	-	1:32	-	2	0:26	29	0:43	39.25	1:45:09	2:40	3	2:48	56	51:14
Rad □□□	38.00	1:10:30	1:51	1	-	42	40:04	39.25	1:45:09	2:40	3	2:48	56	51:14
Lauf	10.00	49:09	4:54	2	4:43	45	15:30	49.25	2:34:18	3:07	2	7:31	47	44:24