



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Hermann Kracht

□□□: 2:37:38

□□: DLRG Tri-Team Wetzlar

□□: 53

□□: 49.25 km

□□□□□/□□□: 58 (of 64)

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

□□□□□/□: 51 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 1(of 1)

Senioren 6 MK65

□□□□□□□: 2:37:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	30:34	24:27	1	-	49	13:23	1.25	30:34	24:27	1	-	56	13:23	
Wechsel S -> R	-	3:22	-	1	-	38	2:43	1.25	33:56	27:08	1	-	56	14:40	
Schwimmen □□□	1.25	33:56	27:08	1	-	56	14:40	1.25	33:56	27:08	1	-	56	14:40	
Rad netto	38.00	1:12:53	1:55	1	-	51	43:16	39.25	1:46:49	2:43	1	-	56	53:43	
Wechsel R -> L	-	2:01	-	1	-	46	1:12	39.25	1:48:50	2:46	1	-	56	54:55	
Rad □□□	38.00	1:14:54	1:58	1	-	51	44:28	39.25	1:48:50	2:46	1	-	56	54:55	
Lauf	10.00	48:48	4:52	1	-	43	15:09	49.25	2:37:38	3:12	1	-	51	47:44	