



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Hermann Kracht

000: 2:37:38

00: DLRG Tri-Team Wetzlar

00: 53

00: 49.25 km

00000/000: 58 (of 64)

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

00000/0: 51 (of 55)

000000: 1:49:54

0000:

00000: 1(of 1)

Senioren 6 MK65

0000000: 2:37:38

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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	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 000	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 000	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