



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Ramona Heerd

□□□: 2:34:02

□□: Eintracht Frankfurt Triathlon

□□: 46

□□: 49.25 km

□□□□□/□□□: 53 (of 64)

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

□□□□□/□: 7 (of 9)

□□□□□□: 2:15:55

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□□□□□: 1(of 1)

Seniorinnen 1 WK40

□□□□□□□: 2:34:02

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen nett	1.25	29:13	23:22	1	-	8	8:31	1.25	29:13	23:22	1	-	10	8:31
Wechsel S -> R	-	3:10	-	1	-	4	1:13	1.25	32:23	25:54	1	-	10	9:44
Schwimmen □□□	1.25	32:23	25:54	1	-	10	9:44	1.25	32:23	25:54	1	-	10	9:44
Rad netto	38.00	1:10:24	1:51	1	-	4	5:50	39.25	1:42:47	2:37	1	-	10	14:45
Wechsel R -> L	-	1:05	-	1	-	3	0:06	39.25	1:43:52	2:38	1	-	10	14:51
Rad □□□	38.00	1:11:29	1:52	1	-	4	5:23	39.25	1:43:52	2:38	1	-	10	14:51
Lauf	10.00	50:10	5:00	1	-	5	7:50	49.25	2:34:02	3:07	1	-	7	18:07