



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Silke Mudrony-Schepp

□□□: 2:44:09

□□: -

□□: 59

□□: 49.25 km

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

□□□□□/□□□: 61 (of 64)

□□□□□/□: 9 (of 9)

□□□□□□: 2:15:55

□□□□:

Seniorinnen 2 WK45

□□□□□: 1(of 1)

□□□□□□□: 2:44:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	30:44	24:35	1	-	9	10:02	1.25	30:44	24:35	1	-	10	10:02
Wechsel S -> R	-	4:52	-	1	-	9	2:55	1.25	35:36	28:28	1	-	10	12:57
Schwimmen □□□	1.25	35:36	28:28	1	-	10	12:57	1.25	35:36	28:28	1	-	10	12:57
Rad netto	38.00	1:12:02	1:53	1	-	7	7:28	39.25	1:47:38	2:44	1	-	10	19:36
Wechsel R -> L	-	1:53	-	1	-	7	0:54	39.25	1:49:31	2:47	1	-	10	20:30
Rad □□□	38.00	1:13:55	1:56	1	-	7	7:49	39.25	1:49:31	2:47	1	-	10	20:30
Lauf	10.00	54:38	5:27	1	-	9	12:18	49.25	2:44:09	3:19	1	-	9	28:14