



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Lars Ramberger

□□□: 10:57

□□: SC Wiesbaden

□□: 401

□□: 6.25 km

Chari Tria Youth 1 (0,25-5,0-1,0)

□□□□□/□□□: 1 (of 10)

□□□□□/□: 1 (of 6)

□□□□□□: 10:57

□□□□:

Schüler C (8-9 J.)

□□□□□: 1(of 6)

□□□□□□□: 10:57

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.25     | 2:03     | 8:11         | 1       | -       | 1       | -       | 0.25 | 2:03      | 8:11          | 1       | -       | 1       | -       |
| Wechsel S -> R | -        | 1:24     | -            | 1       | -       | 1       | -       | 0.25 | 3:27      | 13:48         | 1       | -       | 1       | -       |
| Schwimmen □□□  | 0.25     | 3:27     | 13:48        | 1       | -       | 1       | -       | 0.25 | 3:27      | 13:48         | 1       | -       | 1       | -       |
| Rad netto      | 5.00     | 5:13     | 1:02         | 1       | -       | 1       | -       | 5.25 | 8:40      | 1:39          | 1       | -       | 1       | -       |
| Wechsel R -> L | -        | 0:45     | -            | 1       | -       | 1       | -       | 5.25 | 9:25      | 1:47          | 1       | -       | 1       | -       |
| Rad □□□        | 5.00     | 5:58     | 1:11         | 1       | -       | 1       | -       | 5.25 | 9:25      | 1:47          | 1       | -       | 1       | -       |
| Lauf           | 1.00     | 1:32     | 1:32         | 1       | -       | 1       | -       | 6.25 | 10:57     | 1:45          | 1       | -       | 1       | -       |