



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

## Veit Schrader

000: 13:23

00: WVC Kassel

00: 410

00: 6.25 km

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

00000/000: 4 (of 10)

00000/0: 3 (of 6)

000000: 10:57

0000:

Schüler C (8-9 J.)

00000: 3(of 6)

0000000: 10:57

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
Schwimmen nett	0.25	3:36	14:24	3	1:33	3	1:33	0.25	3:36	14:24	7	1:33	7	1:33
Wechsel S -> R	-	1:35	-	2	0:11	2	0:11	0.25	5:11	20:44	7	1:44	7	1:44
Schwimmen 000	0.25	5:11	20:44	7	1:44	7	1:44	0.25	5:11	20:44	7	1:44	7	1:44
Rad netto	5.00	5:25	1:05	3	0:12	3	0:12	5.25	10:36	2:01	7	1:56	7	1:56
Wechsel R -> L	-	1:02	-	5	0:17	5	0:17	5.25	11:38	2:12	7	2:13	7	2:13
Rad 000	5.00	6:27	1:17	3	0:29	3	0:29	5.25	11:38	2:12	7	2:13	7	2:13
Lauf	1.00	1:45	1:45	5	0:13	5	0:13	6.25	13:23	2:08	3	2:26	3	2:26