



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Felix Veith

□□□: 20:16

□□: SC Wasserfreunde Fulda

□□: 425

□□: 12.85 km

Chari Tria Youth 2 (0,35-10,0-2,5)

□□□□□/□□□: 2 (of 17)

□□□□□/□: 2 (of 9)

□□□□□□: 18:59

□□□□:

Schüler B (10-11 J.)

□□□□□: 2(of 9)

□□□□□□□: 18:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.35	3:21	9:34	1	-	1	-	0.35	3:21	9:34	1	-	1	-
Wechsel S -> R	-	1:52	-	7	0:38	7	0:38	0.35	5:13	14:54	10	0:34	10	0:34
Schwimmen □□□	0.35	5:13	14:54	10	0:34	10	0:34	0.35	5:13	14:54	10	0:34	10	0:34
Rad netto	10.00	11:27	1:08	3	1:03	3	1:03	10.35	16:40	1:36	4	10:27	4	10:27
Wechsel R -> L	-	0:38	-	2	0:04	2	0:04	10.35	17:18	1:40	4	11:05	4	11:05
Rad □□□	10.00	12:05	1:12	3	12:05	3	12:05	10.35	17:18	1:40	4	11:05	4	11:05
Lauf	2.50	2:58	1:11	1	-	1	-	12.85	20:16	1:34	2	1:17	2	1:17