



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Tyler Smuda

000: 37:23

00: Z-Coaching/Radler07 Bottrop

00: 181

00: 13.00 km

Chari Tria Youth 3 (0,5-10,0-2,5)

00000/000: 4 (of 28)

00000/0: 4 (of 15)

000000: 34:09

0000:

Jugend B (14-15 J.)

00000: 4(of 9)

0000000: 34:09

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	6:24	12:48	3	0:43	4	0:43	0.50	6:24	12:48	9	0:43	15	0:43
Wechsel S -> R	-	1:54	-	4	0:18	6	0:50	0.50	8:18	16:36	9	1:01	15	1:01
Schwimmen 000	0.50	8:18	16:36	9	1:01	15	1:01	0.50	8:18	16:36	9	1:01	15	1:01
Rad netto	10.00	18:28	1:50	5	1:13	5	1:13	10.50	26:46	2:32	9	2:14	15	2:14
Wechsel R -> L	-	0:45	-	4	0:11	7	0:11	10.50	27:31	2:37	9	2:19	15	2:19
Rad 000	10.00	19:13	1:55	6	19:13	6	19:13	10.50	27:31	2:37	9	2:19	15	2:19
Lauf	2.50	9:52	3:56	2	0:16	2	0:16	13.00	37:23	2:52	4	3:14	4	3:14