



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Jan Bily

000: 41:23

00: Tri-Geckos Dortmund

00: 179

00: 13.00 km

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

00000/000: 11 (of 28)

00000/0: 9 (of 15)

000000: 34:09

0000:

Jugend B (14-15 J.)

00000: 8(of 9)

0000000: 34:09

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	6:42	13:24	6	1:01	9	1:01	0.50	6:42	13:24	9	1:01	15	1:01
Wechsel S -> R	-	1:56	-	6	0:20	8	0:52	0.50	8:38	17:15	9	1:21	15	1:21
Schwimmen 000	0.50	8:38	17:15	9	1:21	15	1:21	0.50	8:38	17:15	9	1:21	15	1:21
Rad netto	10.00	19:46	1:58	7	2:31	7	2:31	10.50	28:24	2:42	9	3:52	15	3:52
Wechsel R -> L	-	0:49	-	7	0:15	12	0:15	10.50	29:13	2:46	9	4:01	15	4:01
Rad 000	10.00	20:35	2:03	8	20:35	8	20:35	10.50	29:13	2:46	9	4:01	15	4:01
Lauf	2.50	12:10	4:51	6	2:34	7	2:34	13.00	41:23	3:10	8	7:14	9	7:14