



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Joshua Leo

□□□: 51:02

□□: Bidingen Turnerschaft

□□: 163

□□: 13.00 km

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

□□□□□/□□□: 24 (of 28)

□□□□□/□: 15 (of 15)

□□□□□□: 34:09

□□□□:

Jugend B (14-15 J.)

□□□□□: 9(of 9)

□□□□□□□: 34:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	7:49	15:37	8	2:08	12	2:08	0.50	7:49	15:37	9	2:08	15	2:08
Wechsel S -> R	-	3:17	-	8	1:41	13	2:13	0.50	11:06	22:11	9	3:49	15	3:49
Schwimmen □□□	0.50	11:06	22:11	9	3:49	15	3:49	0.50	11:06	22:11	9	3:49	15	3:49
Rad netto	10.00	24:40	2:28	8	7:25	14	7:25	10.50	35:46	3:24	9	11:14	15	11:14
Wechsel R -> L	-	0:51	-	8	0:17	13	0:17	10.50	36:37	3:29	9	11:25	15	11:25
Rad □□□	10.00	25:31	2:33	9	25:31	15	25:31	10.50	36:37	3:29	9	11:25	15	11:25
Lauf	2.50	14:25	5:46	8	4:49	12	4:49	13.00	51:02	3:55	9	16:53	15	16:53