



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Lea Borst

□□□: 38:47

□□: TSG limbach/Triathlon

□□: 166

□□: 13.00 km

□□□□□/□□□: 7 (of 28)

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

□□□□□/□: 1 (of 13)

□□□□□□: 38:47

□□□□:

□□□□□: 1(of 9)

Jugend B (14-15 J.)

□□□□□□□: 34:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	6:22	12:43	3	0:19	4	0:19	0.50	6:22	12:43	3	0:19	4	0:19
Wechsel S -> R	-	1:44	-	2	0:01	2	0:01	0.50	8:06	16:11	2	0:20	3	0:20
Schwimmen □□□	0.50	8:06	16:11	2	0:20	3	0:20	0.50	8:06	16:11	2	0:20	3	0:20
Rad netto	10.00	19:52	1:59	2	0:07	2	0:07	10.50	27:58	2:39	2	0:27	2	0:27
Wechsel R -> L	-	0:40	-	1	-	3	0:03	10.50	28:38	2:43	2	0:17	2	0:17
Rad □□□	10.00	20:32	2:03	1	-	1	-	10.50	28:38	2:43	2	0:17	2	0:17
Lauf	2.50	10:09	4:03	1	-	1	-	13.00	38:47	2:59	1	-	1	-