



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Lara Freiberger

□□□: 46:54

□□: WVC Kassel

□□: 169

□□: 13.00 km

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

□□□□□/□□□: 18 (of 28)

□□□□□/□: 8 (of 13)

□□□□□□: 38:47

□□□□:

Jugend B (14-15 J.)

□□□□□: 6(of 9)

□□□□□□□: 38:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	7:01	14:01	6	0:58	8	0:58	0.50	7:01	14:01	10	0:58	14	0:58
Wechsel S -> R	-	2:30	-	8	0:47	12	0:47	0.50	9:31	19:02	10	1:45	14	1:45
Schwimmen □□□	0.50	9:31	19:02	10	1:45	14	1:45	0.50	9:31	19:02	10	1:45	14	1:45
Rad netto	10.00	22:41	2:16	8	2:56	10	2:56	10.50	32:12	3:04	10	4:41	14	4:41
Wechsel R -> L	-	0:44	-	4	0:04	6	0:07	10.50	32:56	3:08	10	4:35	14	4:35
Rad □□□	10.00	23:25	2:20	8	2:53	10	2:53	10.50	32:56	3:08	10	4:35	14	4:35
Lauf	2.50	13:58	5:35	6	3:49	8	3:49	13.00	46:54	3:36	6	8:07	8	8:07