



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Theresa Stößer

□□□: 52:00

□□: TSV Amicitia Viernheim

□□: 172

□□: 13.00 km

□□□□□/□□□: 26 (of 28)

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

□□□□□/□: 11 (of 13)

□□□□□□: 38:47

□□□□:

□□□□□: 8(of 9)

Jugend B (14-15 J.)

□□□□□□□: 38:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:09	16:18	8	2:06	11	2:06	0.50	8:09	16:18	10	2:06	14	2:06
Wechsel S -> R	-	2:11	-	7	0:28	9	0:28	0.50	10:20	20:40	10	2:34	14	2:34
Schwimmen □□□	0.50	10:20	20:40	10	2:34	14	2:34	0.50	10:20	20:40	10	2:34	14	2:34
Rad netto	10.00	25:34	2:33	9	5:49	12	5:49	10.50	35:54	3:25	10	8:23	14	8:23
Wechsel R -> L	-	0:54	-	7	0:14	11	0:17	10.50	36:48	3:30	10	8:27	14	8:27
Rad □□□	10.00	26:28	2:38	9	5:56	13	5:56	10.50	36:48	3:30	10	8:27	14	8:27
Lauf	2.50	15:12	6:04	7	5:03	10	5:03	13.00	52:00	4:00	8	13:13	11	13:13