



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Loy Albrecht

000: 1:03:23

00: DSW Darmstadt Triathlon Team

00: 209

00: 25.55 km

Chari Tria (0,55-20,0-5,0)

00000/000: 11 (of 84)

00000/0: 10 (of 59)

000000: 57:06

0000:

Jugend A (16-17 J.)

00000: 6(of 10)

0000000: 57:40

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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	0.55	7:37	13:50	3	0:11	3	0:11	0.55	7:37	13:50	11	0:11	60	0:11
Wechsel S -> R	-	1:44	-	4	0:11	6	0:11	0.55	9:21	16:59	11	0:22	60	0:22
Schwimmen 000	0.55	9:21	16:59	11	0:22	60	0:22	0.55	9:21	16:59	11	0:22	60	0:22
Rad netto	20.00	31:48	1:35	4	1:55	12	10:22	20.55	41:09	2:00	11	1:25	60	1:40
Wechsel R -> L	-	0:46	-	6	0:08	10	0:08	20.55	41:55	2:02	11	1:32	60	1:35
Rad 000	20.00	32:34	1:37	4	1:57	12	9:04	20.55	41:55	2:02	11	1:32	60	1:35
Lauf	5.00	21:28	4:17	6	4:11	22	4:42	25.55	1:03:23	2:28	6	5:43	10	6:17