



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Bosse Niemetz

□□□: 39:18

□□: WVC Kassel

□□: 156

□□: 13.00 km

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

□□□□□/□□□: 9 (of 28)

□□□□□/□: 7 (of 15)

□□□□□□: 34:09

□□□□:

Schüler A (12-13 J.)

□□□□□: 1(of 6)

□□□□□□□: 39:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	6:31	13:01	2	0:14	6	0:50	0.50	6:31	13:01	2	0:14	15	0:50
Wechsel S -> R	-	1:09	-	2	0:05	2	0:05	0.50	7:40	15:20	1	-	15	0:23
Schwimmen □□□	0.50	7:40	15:20	1	-	15	0:23	0.50	7:40	15:20	1	-	15	0:23
Rad netto	10.00	20:13	2:01	1	-	8	2:58	10.50	27:53	2:39	1	-	15	3:21
Wechsel R -> L	-	0:34	-	1	-	1	-	10.50	28:27	2:42	1	-	15	3:15
Rad □□□	10.00	20:47	2:04	1	-	9	20:47	10.50	28:27	2:42	1	-	15	3:15
Lauf	2.50	10:51	4:20	1	-	6	1:15	13.00	39:18	3:01	1	-	7	5:09