



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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## Neo Colditz

□□□: 42:33

□□: RV03 Bürstadt

□□: 152

□□: 13.00 km

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

□□□□□/□□□: 15 (of 28)

□□□□□/□: 10 (of 15)

□□□□□□: 34:09

□□□□:

Schüler A (12-13 J.)

□□□□□: 2(of 6)

□□□□□□□: 39:18

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 6:51     | 13:41        | 4       | 0:34    | 10      | 1:10    | 0.50  | 6:51      | 13:41         | 7       | 0:34    | 15      | 1:10    |
| Wechsel S -> R | -        | 1:04     | -            | 1       | -       | 1       | -       | 0.50  | 7:55      | 15:50         | 7       | 0:15    | 15      | 0:38    |
| Schwimmen □□□  | 0.50     | 7:55     | 15:50        | 7       | 0:15    | 15      | 0:38    | 0.50  | 7:55      | 15:50         | 7       | 0:15    | 15      | 0:38    |
| Rad netto      | 10.00    | 20:23    | 2:02         | 2       | 0:10    | 9       | 3:08    | 10.50 | 28:18     | 2:41          | 7       | 0:25    | 15      | 3:46    |
| Wechsel R -> L | -        | 0:44     | -            | 3       | 0:10    | 6       | 0:10    | 10.50 | 29:02     | 2:45          | 7       | 0:35    | 15      | 3:50    |
| Rad □□□        | 10.00    | 21:07    | 2:06         | 2       | 0:20    | 10      | 21:07   | 10.50 | 29:02     | 2:45          | 7       | 0:35    | 15      | 3:50    |
| Lauf           | 2.50     | 13:31    | 5:24         | 3       | 2:40    | 10      | 3:55    | 13.00 | 42:33     | 3:16          | 2       | 3:15    | 10      | 8:24    |