



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Lenny Luca Frank

□□□: 48:22

□□: SV Gelnhausen

□□: 155

□□: 13.00 km

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

□□□□□/□□□: 20 (of 28)

□□□□□/□: 12 (of 15)

□□□□□□: 34:09

□□□□:

Schüler A (12-13 J.)

□□□□□: 4(of 6)

□□□□□□□: 39:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	6:17	12:33	1	-	3	0:36	0.50	6:17	12:33	1	-	15	0:36
Wechsel S -> R	-	3:45	-	6	2:41	14	2:41	0.50	10:02	20:03	4	2:22	15	2:45
Schwimmen □□□	0.50	10:02	20:03	4	2:22	15	2:45	0.50	10:02	20:03	4	2:22	15	2:45
Rad netto	10.00	23:24	2:20	5	3:11	12	6:09	10.50	33:26	3:11	4	5:33	15	8:54
Wechsel R -> L	-	0:45	-	4	0:11	7	0:11	10.50	34:11	3:15	4	5:44	15	8:59
Rad □□□	10.00	24:09	2:24	5	3:22	13	24:09	10.50	34:11	3:15	4	5:44	15	8:59
Lauf	2.50	14:11	5:40	4	3:20	11	4:35	13.00	48:22	3:43	4	9:04	12	14:13