



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Marla Hofmann

□□□: 53:15

□□: TSG Kleinosteim

□□: 157

□□: 13.00 km

□□□□□/□□□: 27 (of 28)

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

□□□□□/□: 12 (of 13)

□□□□□□: 38:47

□□□□:

□□□□□: 4(of 4)

Schülerinnen A (12-13 J.)

□□□□□□□: 42:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:16	16:32	4	2:12	12	2:13	0.50	8:16	16:32	5	2:12	14	2:13
Wechsel S -> R	-	2:17	-	3	0:30	10	0:34	0.50	10:33	21:06	5	2:42	14	2:47
Schwimmen □□□	0.50	10:33	21:06	5	2:42	14	2:47	0.50	10:33	21:06	5	2:42	14	2:47
Rad netto	10.00	25:37	2:33	4	3:49	13	5:52	10.50	36:10	3:26	5	6:31	14	8:39
Wechsel R -> L	-	0:46	-	3	0:09	7	0:09	10.50	36:56	3:31	5	6:40	14	8:35
Rad □□□	10.00	26:23	2:38	4	3:58	12	5:51	10.50	36:56	3:31	5	6:40	14	8:35
Lauf	2.50	16:19	6:31	4	4:21	11	6:10	13.00	53:15	4:05	4	11:01	12	14:28