



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Leonhard Wegers

□□□: 1:16:01

□□: VfL Münster

□□: 207

□□: 25.55 km

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

□□□□□/□□□: 46 (of 84)

□□□□□/□: 37 (of 59)

□□□□□□: 57:06

□□□□:

Jugend A (16-17 J.)

□□□□□: 10(of 10)

□□□□□□□: 57:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 10:56 | 19:52 | 10 | 3:30 | 29 | 3:30 | 0.55 | 10:56 | 19:52 | 10 | 3:30 | 29 | 3:30 |
| Wechsel S -> R | - | 2:03 | - | 9 | 0:30 | 16 | 0:30 | 0.55 | 12:59 | 23:36 | 10 | 4:00 | 26 | 4:00 |
| Schwimmen □□□ | 0.55 | 12:59 | 23:36 | 10 | 4:00 | 26 | 4:00 | 0.55 | 12:59 | 23:36 | 10 | 4:00 | 26 | 4:00 |
| Rad netto | 20.00 | 38:19 | 1:54 | 10 | 8:26 | 47 | 16:53 | 20.55 | 51:18 | 2:29 | 10 | 11:34 | 60 | 11:49 |
| Wechsel R -> L | - | 2:15 | - | 10 | 1:37 | 53 | 1:37 | 20.55 | 53:33 | 2:36 | 10 | 13:10 | 60 | 13:13 |
| Rad □□□ | 20.00 | 40:34 | 2:01 | 10 | 9:57 | 49 | 17:04 | 20.55 | 53:33 | 2:36 | 10 | 13:10 | 60 | 13:13 |
| Lauf | 5.00 | 22:28 | 4:29 | 8 | 5:11 | 29 | 5:42 | 25.55 | 1:16:01 | 2:58 | 10 | 18:21 | 37 | 18:55 |