



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Philine Herd

□□□: 1:12:13

□□: VfL MÜNSTER

□□: 224

□□: 25.55 km

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

□□□□□/□□□: 36 (of 84)

□□□□□/□: 5 (of 25)

□□□□□□: 55:34

□□□□:

Jugend A (16-17 J.)

□□□□□: 2(of 4)

□□□□□□□: 1:07:09

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 8:18     | 15:05        | 1       | -       | 2       | 0:19    | 0.55  | 8:18      | 15:05         | 1       | -       | 25      | 0:19    |
| Wechsel S -> R | -        | 1:54     | -            | 2       | 0:11    | 2       | 0:11    | 0.55  | 10:12     | 18:32         | 5       | 0:03    | 25      | 0:03    |
| Schwimmen □□□  | 0.55     | 10:12    | 18:32        | 5       | 0:03    | 25      | 0:03    | 0.55  | 10:12     | 18:32         | 5       | 0:03    | 25      | 0:03    |
| Rad netto      | 20.00    | 37:58    | 1:53         | 3       | 2:09    | 8       | 16:54   | 20.55 | 48:10     | 2:20          | 5       | 1:59    | 26      | 15:00   |
| Wechsel R -> L | -        | 0:49     | -            | 2       | 0:10    | 3       | 0:10    | 20.55 | 48:59     | 2:23          | 5       | 2:09    | 26      | 14:35   |
| Rad □□□        | 20.00    | 38:47    | 1:56         | 3       | 2:06    | 8       | 16:29   | 20.55 | 48:59     | 2:23          | 5       | 2:09    | 26      | 14:35   |
| Lauf           | 5.00     | 23:14    | 4:38         | 4       | 2:55    | 8       | 2:55    | 25.55 | 1:12:13   | 2:49          | 2       | 5:04    | 5       | 16:39   |