



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Annika Isabelle Peter

□□□: 1:13:12

□□: WVC Kassel

□□: 223

□□: 25.55 km

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

□□□□□/□□□: 39 (of 84)

□□□□□/□: 7 (of 25)

□□□□□□: 55:34

□□□□:

Jugend A (16-17 J.)

□□□□□: 3(of 4)

□□□□□□□: 1:07:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 11:23 | 20:41 | 4 | 3:05 | 12 | 3:24 | 0.55 | 11:23 | 20:41 | 4 | 3:05 | 25 | 3:24 |
| Wechsel S -> R | - | 2:02 | - | 4 | 0:19 | 6 | 0:19 | 0.55 | 13:25 | 24:23 | 5 | 3:16 | 25 | 3:16 |
| Schwimmen □□□ | 0.55 | 13:25 | 24:23 | 5 | 3:16 | 25 | 3:16 | 0.55 | 13:25 | 24:23 | 5 | 3:16 | 25 | 3:16 |
| Rad netto | 20.00 | 35:49 | 1:47 | 1 | - | 5 | 14:45 | 20.55 | 49:14 | 2:23 | 5 | 3:03 | 26 | 16:04 |
| Wechsel R -> L | - | 1:13 | - | 4 | 0:34 | 16 | 0:34 | 20.55 | 50:27 | 2:27 | 5 | 3:37 | 26 | 16:03 |
| Rad □□□ | 20.00 | 37:02 | 1:51 | 2 | 0:21 | 6 | 14:44 | 20.55 | 50:27 | 2:27 | 5 | 3:37 | 26 | 16:03 |
| Lauf | 5.00 | 22:45 | 4:32 | 3 | 2:26 | 5 | 2:26 | 25.55 | 1:13:12 | 2:51 | 3 | 6:03 | 7 | 17:38 |