



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Elli Campbell

□□□: 1:13:39

□□: TSV Amicitia Viernheim

□□: 222

□□: 25.55 km

□□□□□/□□□: 42 (of 84)

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

□□□□□/□: 8 (of 25)

□□□□□□: 55:34

□□□□:

□□□□□: 4(of 4)

Jugend A (16-17 J.)

□□□□□□□: 1:07:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 9:32 | 17:19 | 3 | 1:14 | 6 | 1:33 | 0.55 | 9:32 | 17:19 | 3 | 1:14 | 25 | 1:33 |
| Wechsel S -> R | - | 1:58 | - | 3 | 0:15 | 5 | 0:15 | 0.55 | 11:30 | 20:54 | 5 | 1:21 | 25 | 1:21 |
| Schwimmen □□□ | 0.55 | 11:30 | 20:54 | 5 | 1:21 | 25 | 1:21 | 0.55 | 11:30 | 20:54 | 5 | 1:21 | 25 | 1:21 |
| Rad netto | 20.00 | 39:03 | 1:57 | 4 | 3:14 | 12 | 17:59 | 20.55 | 50:33 | 2:27 | 5 | 4:22 | 26 | 17:23 |
| Wechsel R -> L | - | 0:56 | - | 3 | 0:17 | 7 | 0:17 | 20.55 | 51:29 | 2:30 | 5 | 4:39 | 26 | 17:05 |
| Rad □□□ | 20.00 | 39:59 | 1:59 | 4 | 3:18 | 12 | 17:41 | 20.55 | 51:29 | 2:30 | 5 | 4:39 | 26 | 17:05 |
| Lauf | 5.00 | 22:10 | 4:26 | 2 | 1:51 | 4 | 1:51 | 25.55 | 1:13:39 | 2:52 | 4 | 6:30 | 8 | 18:05 |