



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Henrik Saathoff

□□□: 1:09:22

□□: Böis

□□: 219

□□: 25.55 km

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

□□□□□/□□□: 24 (of 84)

□□□□□/□: 22 (of 59)

□□□□□□: 57:06

□□□□:

Junioren (18-19 J.)

□□□□□: 4(of 10)

□□□□□□□: 57:06

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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     | 11:09    | 20:16        | 8       | 3:15    | 31      | 3:43    | 0.55  | 11:09     | 20:16         | 8       | 3:15    | 60      | 3:43    |
| Wechsel S -> R | -        | 2:05     | -            | 5       | 0:27    | 19      | 0:32    | 0.55  | 13:14     | 24:03         | 5       | 3:42    | 60      | 4:15    |
| Schwimmen □□□  | 0.55     | 13:14    | 24:03        | 5       | 3:42    | 60      | 4:15    | 0.55  | 13:14     | 24:03         | 5       | 3:42    | 60      | 4:15    |
| Rad netto      | 20.00    | 33:03    | 1:39         | 4       | 3:06    | 23      | 11:37   | 20.55 | 46:17     | 2:15          | 4       | 6:48    | 60      | 6:48    |
| Wechsel R -> L | -        | 0:55     | -            | 5       | 0:13    | 21      | 0:17    | 20.55 | 47:12     | 2:17          | 4       | 6:52    | 23      | 6:52    |
| Rad □□□        | 20.00    | 33:58    | 1:41         | 4       | 3:10    | 23      | 10:28   | 20.55 | 47:12     | 2:17          | 4       | 6:52    | 23      | 6:52    |
| Lauf           | 5.00     | 22:10    | 4:26         | 7       | 5:24    | 27      | 5:24    | 25.55 | 1:09:22   | 2:42          | 4       | 12:16   | 22      | 12:16   |