



# 9. VR Bank ChariTria Bidingen

Bidingen / 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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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