



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Tim Rochnia

□□□: 1:16:01

□□: Charity Triathlon Team

□□: 233

□□: 25.55 km

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

□□□□□/□□□: 45 (of 84)

□□□□□/□: 37 (of 59)

□□□□□□: 57:06

□□□□:

Junioren (18-19 J.)

□□□□□: 9(of 10)

□□□□□□□: 57:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	11:51	21:32	9	3:57	35	4:25	0.55	11:51	21:32	11	3:57	60	4:25
Wechsel S -> R	-	2:39	-	8	1:01	35	1:06	0.55	14:30	26:21	11	4:58	60	5:31
Schwimmen □□□	0.55	14:30	26:21	11	4:58	60	5:31	0.55	14:30	26:21	11	4:58	60	5:31
Rad netto	20.00	35:21	1:46	7	5:24	36	13:55	20.55	49:51	2:25	11	10:22	60	10:22
Wechsel R -> L	-	0:46	-	2	0:04	10	0:08	20.55	50:37	2:27	11	10:17	60	10:17
Rad □□□	20.00	36:07	1:48	6	5:19	33	12:37	20.55	50:37	2:27	11	10:17	60	10:17
Lauf	5.00	25:24	5:04	10	8:38	49	8:38	25.55	1:16:01	2:58	9	18:55	37	18:55