



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

0000

Daniel Pal

000: 1:47:45

00: FFW Lich

00: 254

00: 25.55 km

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

00000/000: 83 (of 84)

00000/0: 58 (of 59)

000000: 57:06

0000:

Männer AK4

00000: 1(of 2)

0000000: 1:22:49

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	13:55	25:18	2	1:11	54	6:29	0.55	13:55	25:18	3	1:11	60	6:29
Wechsel S -> R	-	4:08	-	1	-	53	2:35	0.55	18:03	32:49	3	0:55	60	9:04
Schwimmen 000	0.55	18:03	32:49	3	0:55	60	9:04	0.55	18:03	32:49	3	0:55	60	9:04
Rad netto	20.00	49:02	2:27	2	10:25	59	27:36	20.55	1:07:05	3:15	3	11:20	60	27:36
Wechsel R -> L	-	2:13	-	2	0:04	52	1:35	20.55	1:09:18	3:22	3	11:24	60	28:58
Rad 000	20.00	51:15	2:33	2	10:29	59	27:45	20.55	1:09:18	3:22	3	11:24	60	28:58
Lauf	5.00	38:27	7:41	2	13:32	59	21:41	25.55	1:47:45	4:13	2	24:56	58	50:39