



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Alexander Häuser

□□□: 1:09:43

□□: SCW Nidderau

□□: 272

□□: 25.55 km

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

□□□□□/□□□: 26 (of 84)

□□□□□/□: 23 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 1 MK40

□□□□□: 2(of 8)

□□□□□□□: 1:01:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	11:58	21:45	5	3:17	38	4:32	0.55	11:58	21:45	9	3:17	60	4:32
Wechsel S -> R	-	2:34	-	2	0:31	32	1:01	0.55	14:32	26:25	9	3:48	60	5:33
Schwimmen □□□	0.55	14:32	26:25	9	3:48	60	5:33	0.55	14:32	26:25	9	3:48	60	5:33
Rad netto	20.00	34:00	1:42	4	12:34	25	12:34	20.55	48:32	2:21	9	9:03	60	9:03
Wechsel R -> L	-	0:50	-	2	0:05	14	0:12	20.55	49:22	2:24	9	7:49	60	9:02
Rad □□□	20.00	34:50	1:44	4	11:20	25	11:20	20.55	49:22	2:24	9	7:49	60	9:02
Lauf	5.00	20:21	4:04	2	1:49	14	3:35	25.55	1:09:43	2:43	2	8:07	23	12:37