



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Christian Metz

□□□: 1:20:04

□□: Vereinslos

□□: 270

□□: 25.55 km

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

□□□□□/□□□: 57 (of 84)

□□□□□/□: 45 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 1 MK40

□□□□□: 4(of 8)

□□□□□□□: 1:01:36

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 9:19 | 16:56 | 2 | 0:38 | 16 | 1:53 | 0.55 | 9:19 | 16:56 | 9 | 0:38 | 60 | 1:53 |
| Wechsel S -> R | - | 3:07 | - | 4 | 1:04 | 46 | 1:34 | 0.55 | 12:26 | 22:36 | 9 | 1:42 | 60 | 3:27 |
| Schwimmen □□□ | 0.55 | 12:26 | 22:36 | 9 | 1:42 | 60 | 3:27 | 0.55 | 12:26 | 22:36 | 9 | 1:42 | 60 | 3:27 |
| Rad netto | 20.00 | 38:45 | 1:56 | 5 | 17:19 | 49 | 17:19 | 20.55 | 51:11 | 2:29 | 9 | 11:42 | 60 | 11:42 |
| Wechsel R -> L | - | 1:15 | - | 5 | 0:30 | 39 | 0:37 | 20.55 | 52:26 | 2:33 | 9 | 10:53 | 60 | 12:06 |
| Rad □□□ | 20.00 | 40:00 | 2:00 | 5 | 16:30 | 48 | 16:30 | 20.55 | 52:26 | 2:33 | 9 | 10:53 | 60 | 12:06 |
| Lauf | 5.00 | 27:38 | 5:31 | 7 | 9:06 | 53 | 10:52 | 25.55 | 1:20:04 | 3:08 | 4 | 18:28 | 45 | 22:58 |