



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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**Karsten Weigel**

□□□: 1:04:42

□□: TV Germania Buschhütten 1885 e.V.

□□: 283

□□: 25.55 km

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

□□□□□/□□□: 12 (of 84)

□□□□□/□: 11 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 2 MK45

□□□□□: 1(of 8)

□□□□□□□: 1:04:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	10:31	19:07	4	2:18	22	3:05	0.55	10:31	19:07	4	2:18	60	3:05
Wechsel S -> R	-	2:15	-	5	0:28	27	0:42	0.55	12:46	23:12	4	2:46	60	3:47
Schwimmen □□□	0.55	12:46	23:12	4	2:46	60	3:47	0.55	12:46	23:12	4	2:46	60	3:47
Rad netto	20.00	30:06	1:30	2	0:59	5	8:40	20.55	42:52	2:05	2	0:08	60	3:23
Wechsel R -> L	-	0:54	-	2	0:03	19	0:16	20.55	43:46	2:07	2	0:11	60	3:26
Rad □□□	20.00	31:00	1:33	2	0:07	6	7:30	20.55	43:46	2:07	2	0:11	60	3:26
Lauf	5.00	20:56	4:11	2	0:12	18	4:10	25.55	1:04:42	2:31	1	-	11	7:36