



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Swen Kailing

□□□: 1:04:42

□□: TV Bad Orb Triathlon

□□: 281

□□: 25.55 km

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

□□□□□/□□□: 13 (of 84)

□□□□□/□: 11 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 2 MK45

□□□□□: 1(of 8)

□□□□□□□: 1:04:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	8:13	14:56	1	-	8	0:47	0.55	8:13	14:56	1	-	8	0:47
Wechsel S -> R	-	1:47	-	1	-	9	0:14	0.55	10:00	18:10	1	-	60	1:01
Schwimmen □□□	0.55	10:00	18:10	1	-	60	1:01	0.55	10:00	18:10	1	-	60	1:01
Rad netto	20.00	32:44	1:38	3	3:37	21	11:18	20.55	42:44	2:04	1	-	60	3:15
Wechsel R -> L	-	0:51	-	1	-	15	0:13	20.55	43:35	2:07	1	-	60	3:15
Rad □□□	20.00	33:35	1:40	3	2:42	20	10:05	20.55	43:35	2:07	1	-	60	3:15
Lauf	5.00	21:07	4:13	3	0:23	21	4:21	25.55	1:04:42	2:31	1	-	11	7:36