



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Dirk Bröll

□□□: 1:08:23

□□: derjedimeister powered by SKV Mörfelden

□□: 278

□□: 25.55 km

□□□□□/□□□: 22 (of 84)

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

□□□□□/□: 20 (of 59)

□□□□□□: 57:06

□□□□:

□□□□□: 3(of 8)

Senioren 2 MK45

□□□□□□□: 1:04:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	10:19	18:45	2	2:06	19	2:53	0.55	10:19	18:45	9	2:06	60	2:53
Wechsel S -> R	-	1:56	-	2	0:09	11	0:23	0.55	12:15	22:16	9	2:15	60	3:16
Schwimmen □□□	0.55	12:15	22:16	9	2:15	60	3:16	0.55	12:15	22:16	9	2:15	60	3:16
Rad netto	20.00	34:29	1:43	6	5:22	31	13:03	20.55	46:44	2:16	9	4:00	60	7:15
Wechsel R -> L	-	0:55	-	3	0:04	21	0:17	20.55	47:39	2:19	9	4:04	60	7:19
Rad □□□	20.00	35:24	1:46	5	4:31	31	11:54	20.55	47:39	2:19	9	4:04	60	7:19
Lauf	5.00	20:44	4:08	1	-	17	3:58	25.55	1:08:23	2:40	3	3:41	20	11:17