



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Jens Pfeiffer

□□□: 1:05:47

□□: TSV Krofdorf-Gleiberg

□□: 287

□□: 25.55 km

□□□□□/□□□: 15 (of 84)

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

□□□□□/□: 14 (of 59)

□□□□□□: 57:06

□□□□:

□□□□□: 1(of 7)

Senioren 3 MK50

□□□□□□□: 1:05:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	10:06	18:21	1	-	18	2:40	0.55	10:06	18:21	1	-	60	2:40
Wechsel S -> R	-	2:18	-	1	-	28	0:45	0.55	12:24	22:32	1	-	60	3:25
Schwimmen □□□	0.55	12:24	22:32	1	-	60	3:25	0.55	12:24	22:32	1	-	60	3:25
Rad netto	20.00	32:11	1:36	1	-	15	10:45	20.55	44:35	2:10	1	-	60	5:06
Wechsel R -> L	-	0:55	-	2	0:06	21	0:17	20.55	45:30	2:12	1	-	60	5:10
Rad □□□	20.00	33:06	1:39	1	-	17	9:36	20.55	45:30	2:12	1	-	60	5:10
Lauf	5.00	20:17	4:03	2	0:03	13	3:31	25.55	1:05:47	2:34	1	-	14	8:41