



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Andreas Braun

000: 1:25:37

00: kein Verein

00: 288

00: 25.55 km

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

00000/000: 67 (of 84)

00000/0: 51 (of 59)

000000: 57:06

0000:

Senioren 3 MK50

00000: 7(of 7)

0000000: 1:05:47

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	13:24	24:21	6	3:18	51	5:58	0.55	13:24	24:21	6	3:18	60	5:58
Wechsel S -> R	-	3:02	-	7	0:44	45	1:29	0.55	16:26	29:52	6	4:02	43	7:27
Schwimmen 000	0.55	16:26	29:52	6	4:02	43	7:27	0.55	16:26	29:52	6	4:02	43	7:27
Rad netto	20.00	39:08	1:57	6	6:57	50	17:42	20.55	55:34	2:42	6	10:59	60	16:05
Wechsel R -> L	-	0:49	-	1	-	13	0:11	20.55	56:23	2:44	6	10:53	60	16:03
Rad 000	20.00	39:57	1:59	6	6:51	46	16:27	20.55	56:23	2:44	6	10:53	60	16:03
Lauf	5.00	29:14	5:50	7	9:00	54	12:28	25.55	1:25:37	3:21	7	19:50	51	28:31