



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Andreas Braun

□□□: 1:25:37

□□: kein Verein

□□: 288

□□: 25.55 km

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

□□□□□/□□□: 67 (of 84)

□□□□□/□: 51 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 3 MK50

□□□□□: 7(of 7)

□□□□□□□: 1:05:47

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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 □□□  | 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 □□□        | 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   |