



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Andreas Reinold

□□□: 1:17:43

□□: Keep on Running Gründau

□□: 295

□□: 25.55 km

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

□□□□□/□□□: 49 (of 84)

□□□□□/□: 40 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 4 MK55

□□□□□: 3(of 5)

□□□□□□□: 1:05:32

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 11:40 | 21:12 | 3 | 1:17 | 33 | 4:14 | 0.55 | 11:40 | 21:12 | 3 | 1:17 | 60 | 4:14 |
| Wechsel S -> R | - | 2:44 | - | 3 | 0:30 | 36 | 1:11 | 0.55 | 14:24 | 26:10 | 3 | 1:47 | 60 | 5:25 |
| Schwimmen □□□ | 0.55 | 14:24 | 26:10 | 3 | 1:47 | 60 | 5:25 | 0.55 | 14:24 | 26:10 | 3 | 1:47 | 60 | 5:25 |
| Rad netto | 20.00 | 37:23 | 1:52 | 3 | 6:09 | 44 | 15:57 | 20.55 | 51:47 | 2:31 | 3 | 7:56 | 60 | 12:18 |
| Wechsel R -> L | - | 1:15 | - | 3 | 0:10 | 39 | 0:37 | 20.55 | 53:02 | 2:34 | 3 | 8:06 | 60 | 12:42 |
| Rad □□□ | 20.00 | 38:38 | 1:55 | 3 | 6:19 | 43 | 15:08 | 20.55 | 53:02 | 2:34 | 3 | 8:06 | 60 | 12:42 |
| Lauf | 5.00 | 24:41 | 4:56 | 4 | 4:41 | 41 | 7:55 | 25.55 | 1:17:43 | 3:02 | 3 | 12:11 | 40 | 20:37 |