



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Stefan Hartmann

000: 1:38:22

00: KSV Reichelsheim

00: 296

00: 25.55 km

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

00000/000: 77 (of 84)

00000/0: 55 (of 59)

000000: 57:06

0000:

Senioren 4 MK55

00000: 5(of 5)

0000000: 1:05:32

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	14:40	26:39	5	4:17	55	7:14	0.55	14:40	26:39	5	4:17	60	7:14
Wechsel S -> R	-	3:00	-	4	0:46	44	1:27	0.55	17:40	32:07	5	5:03	60	8:41
Schwimmen 000	0.55	17:40	32:07	5	5:03	60	8:41	0.55	17:40	32:07	5	5:03	60	8:41
Rad netto	20.00	43:35	2:10	5	12:21	56	22:09	20.55	1:01:15	2:58	5	17:24	60	21:46
Wechsel R -> L	-	1:35	-	4	0:30	46	0:57	20.55	1:02:50	3:03	5	17:54	60	22:30
Rad 000	20.00	45:10	2:15	5	12:51	55	21:40	20.55	1:02:50	3:03	5	17:54	60	22:30
Lauf	5.00	35:32	7:06	5	15:32	57	18:46	25.55	1:38:22	3:50	5	32:50	55	41:16