



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Herwig Wagner

□□□: 1:44:20

□□: DLRG Tri-Team-Wetzlar

□□: 300

□□: 25.55 km

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

□□□□□/□□□: 81 (of 84)

□□□□□/□: 57 (of 59)

□□□□□□: 57:06

□□□□:

Senioren 7 MK70

□□□□□: 1(of 1)

□□□□□□□: 1:44:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	15:43	28:34	1	-	56	8:17	0.55	15:43	28:34	1	-	60	8:17
Wechsel S -> R	-	5:30	-	1	-	58	3:57	0.55	21:13	38:34	1	-	60	12:14
Schwimmen □□□	0.55	21:13	38:34	1	-	60	12:14	0.55	21:13	38:34	1	-	60	12:14
Rad netto	20.00	44:08	2:12	1	-	57	22:42	20.55	1:05:21	3:10	1	-	60	25:52
Wechsel R -> L	-	2:46	-	1	-	58	2:08	20.55	1:08:07	3:18	1	-	60	27:47
Rad □□□	20.00	46:54	2:20	1	-	58	23:24	20.55	1:08:07	3:18	1	-	60	27:47
Lauf	5.00	36:13	7:14	1	-	58	19:27	25.55	1:44:20	4:05	1	-	57	47:14