



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

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Dione Bork

□□□: 1:42:51

□□: TV Rossdorf

□□: 260

□□: 25.55 km

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

□□□□□/□□□: 80 (of 84)

□□□□□/□: 24 (of 25)

□□□□□□: 55:34

□□□□:

Seniorinnen 1 WK40

□□□□□: 1(of 1)

□□□□□□□: 1:42:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	14:40	26:39	1	-	22	6:41	0.55	14:40	26:39	1	-	25	6:41
Wechsel S -> R	-	4:00	-	1	-	21	2:17	0.55	18:40	33:56	1	-	25	8:31
Schwimmen □□□	0.55	18:40	33:56	1	-	25	8:31	0.55	18:40	33:56	1	-	25	8:31
Rad netto	20.00	52:07	2:36	1	-	25	31:03	20.55	1:10:47	3:26	1	-	26	37:37
Wechsel R -> L	-	1:24	-	1	-	21	0:45	20.55	1:12:11	3:30	1	-	26	37:47
Rad □□□	20.00	53:31	2:40	1	-	25	31:13	20.55	1:12:11	3:30	1	-	26	37:47
Lauf	5.00	30:40	6:08	1	-	21	10:21	25.55	1:42:51	4:01	1	-	24	47:17