



# 9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

0000

Tatjana Baltes

000: 2:28:33

00: Keiner

00: 12

00: 49.25 km

Chari Tria Olymp (1,25-38.0-10,0)

00000/000: 42 (of 64)

00000/0: 4 (of 9)

000000: 2:15:55

0000:

Frauen AK3

00000: 2(of 3)

0000000: 2:17:59

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	23:23	18:42	2	2:41	2	2:41	1.25	23:23	18:42	4	2:41	10	2:41
Wechsel S -> R	-	2:36	-	2	0:39	3	0:39	1.25	25:59	20:47	4	3:20	10	3:20
Schwimmen 000	1.25	25:59	20:47	4	3:20	10	3:20	1.25	25:59	20:47	4	3:20	10	3:20
Rad netto	38.00	1:11:17	1:52	2	5:54	5	6:43	39.25	1:37:16	2:28	4	9:14	10	9:14
Wechsel R -> L	-	1:01	-	2	0:02	2	0:02	39.25	1:38:17	2:30	4	9:16	10	9:16
Rad 000	38.00	1:12:18	1:54	2	5:56	5	6:12	39.25	1:38:17	2:30	4	9:16	10	9:16
Lauf	10.00	50:16	5:01	2	1:18	6	7:56	49.25	2:28:33	3:00	2	10:34	4	12:38