



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Sabrina Heitsch

□□□: 2:40:29

□□: Triathlon Team Otterndorf

□□: 47

□□: 49.25 km

□□□□□/□□□: 60 (of 64)

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

□□□□□/□: 8 (of 9)

□□□□□□: 2:15:55

□□□□:

□□□□□: 3(of 3)

Frauen AK3

□□□□□□□: 2:17:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	28:03	22:26	3	7:21	6	7:21	1.25	28:03	22:26	4	7:21	10	7:21
Wechsel S -> R	-	3:17	-	3	1:20	7	1:20	1.25	31:20	25:03	4	8:41	10	8:41
Schwimmen □□□	1.25	31:20	25:03	4	8:41	10	8:41	1.25	31:20	25:03	4	8:41	10	8:41
Rad netto	38.00	1:14:57	1:58	3	9:34	9	10:23	39.25	1:46:17	2:42	4	18:15	10	18:15
Wechsel R -> L	-	1:54	-	3	0:55	8	0:55	39.25	1:48:11	2:45	4	19:10	10	19:10
Rad □□□	38.00	1:16:51	2:01	3	10:29	9	10:45	39.25	1:48:11	2:45	4	19:10	10	19:10
Lauf	10.00	52:18	5:13	3	3:20	8	9:58	49.25	2:40:29	3:15	3	22:30	8	24:34