



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

□□□□

Lisa Hansen

□□□: 2:31:23

□□: TSV Krofdorf- Gleiberg

□□: 29

□□: 49.25 km

□□□□□/□□□: 47 (of 64)

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

□□□□□/□: 5 (of 9)

□□□□□□: 2:15:55

□□□□:

□□□□□: 2(of 3)

Frauen AK4

□□□□□□□: 2:27:18

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	27:04	21:39	2	1:20	5	6:22	1.25	27:04	21:39	4	1:20	10	6:22
Wechsel S -> R	-	3:23	-	3	0:12	8	1:26	1.25	30:27	24:21	4	1:32	10	7:48
Schwimmen □□□	1.25	30:27	24:21	4	1:32	10	7:48	1.25	30:27	24:21	4	1:32	10	7:48
Rad netto	38.00	1:14:54	1:58	3	8:49	8	10:20	39.25	1:45:21	2:41	4	7:39	10	17:19
Wechsel R -> L	-	1:15	-	1	-	4	0:16	39.25	1:46:36	2:42	4	7:36	10	17:35
Rad □□□	38.00	1:16:09	2:00	3	8:46	8	10:03	39.25	1:46:36	2:42	4	7:36	10	17:35
Lauf	10.00	44:47	4:28	1	-	2	2:27	49.25	2:31:23	3:04	2	4:05	5	15:28