



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Philip Ahne

□□□: 1:59:57

□□: SSC Hanau-Rodenbach

□□: 11

□□: 49.25 km

□□□□□/□□□: 6 (of 64)

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

□□□□□/□: 6 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 1(of 3)

Männer AK1

□□□□□□□: 1:59:57

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25     | 22:53    | 18:18        | 2       | 1:44    | 16      | 5:42    | 1.25  | 22:53     | 18:18     | 4             | 1:44    | 56      | 5:42    |         |
| Wechsel S -> R | -        | 2:56     | -            | 2       | 1:05    | 30      | 2:17    | 1.25  | 25:49     | 20:39     | 4             | 2:49    | 56      | 6:33    |         |
| Schwimmen □□□  | 1.25     | 25:49    | 20:39        | 4       | 2:49    | 56      | 6:33    | 1.25  | 25:49     | 20:39     | 4             | 2:49    | 56      | 6:33    |         |
| Rad netto      | 38.00    | 58:55    | 1:33         | 1       | -       | 8       | 29:18   | 39.25 | 1:24:44   | 2:09      | 4             | 2:35    | 56      | 31:38   |         |
| Wechsel R -> L | -        | 1:34     | -            | 3       | 0:30    | 31      | 0:45    | 39.25 | 1:26:18   | 2:11      | 4             | 3:05    | 56      | 32:23   |         |
| Rad □□□        | 38.00    | 1:00:29  | 1:35         | 2       | 0:16    | 10      | 30:03   | 39.25 | 1:26:18   | 2:11      | 4             | 3:05    | 56      | 32:23   |         |
| Lauf           | 10.00    | 33:39    | 3:21         | 1       | -       | 1       | -       | 49.25 | 1:59:57   | 2:26      | 1             | -       | 6       | 10:03   |         |