



10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

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Matti Haas

□□□: 18:34

□□: TSG Limbach/Triathlon

□□: 327

□□: 6.20 km

Chari Tria Youth 2 (0,2-5,0-1,0)

□□□□□/□□□: 2 (of 18)

□□□□□/□: 2 (of 12)

□□□□□□: 17:35

□□□□:

Schüler B (10-11 J.)

□□□□□: 2(of 12)

□□□□□□□: 17:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	3:34	17:49	7	0:35	7	0:35	0.20	3:34	17:49	8	3:34	8	3:34
Wechsel S -> R	-	1:22	-	1	-	1	-	0.20	4:56	24:40	4	0:29	4	0:29
Schwimmen □□□	0.20	4:56	24:40	4	0:29	4	0:29	0.20	4:56	24:40	4	0:29	4	0:29
Rad netto	5.00	9:13	1:50	3	0:24	3	0:24	5.20	14:09	2:43	3	0:53	3	0:53
Wechsel R -> L	-	0:45	-	6	0:08	6	0:08	5.20	14:54	2:51	3	0:56	3	0:56
Rad □□□	5.00	9:58	1:59	3	0:27	3	0:27	5.20	14:54	2:51	3	0:56	3	0:56
Lauf	1.00	3:40	3:39	2	0:03	2	0:03	6.20	18:34	2:59	2	0:59	2	0:59