



10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

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Christopher Heinen

000: 20:14

00: TG Tria Rüsselsheim

00: 322

00: 6.20 km

00000/000: 6 (of 18)

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

00000/0: 6 (of 12)

000000: 17:35

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00000: 6(of 12)

Schüler B (10-11 J.)

0000000: 17:35

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.20	3:33	17:44	6	0:34	6	0:34	0.20	3:33	17:44	7	3:33	7	3:33
Wechsel S -> R	-	1:37	-	6	0:15	6	0:15	0.20	5:10	25:49	5	0:43	5	0:43
Schwimmen 000	0.20	5:10	25:49	5	0:43	5	0:43	0.20	5:10	25:49	5	0:43	5	0:43
Rad netto	5.00	9:32	1:54	6	0:43	6	0:43	5.20	14:42	2:49	5	1:26	5	1:26
Wechsel R -> L	-	0:50	-	11	0:13	11	0:13	5.20	15:32	2:59	5	1:34	5	1:34
Rad 000	5.00	10:22	2:04	6	0:51	6	0:51	5.20	15:32	2:59	5	1:34	5	1:34
Lauf	1.00	4:42	4:42	9	1:05	9	1:05	6.20	20:14	3:15	6	2:39	6	2:39