



10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

□□□□

David Boden

□□□: 21:02

□□: Höchster Schwimmverein 1893 e.V.

□□: 324

□□: 6.20 km

□□□□□/□□□: 11 (of 18)

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

□□□□□/□: 9 (of 12)

□□□□□□: 17:35

□□□□:

□□□□□: 9(of 12)

Schüler B (10-11 J.)

□□□□□□□: 17:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	3:43	18:34	8	0:44	8	0:44	0.20	3:43	18:34	9	3:43	9	3:43
Wechsel S -> R	-	2:17	-	11	0:55	11	0:55	0.20	6:00	30:00	10	1:33	10	1:33
Schwimmen □□□	0.20	6:00	30:00	10	1:33	10	1:33	0.20	6:00	30:00	10	1:33	10	1:33
Rad netto	5.00	9:50	1:58	9	1:01	9	1:01	5.20	15:50	3:02	10	2:34	10	2:34
Wechsel R -> L	-	0:44	-	5	0:07	5	0:07	5.20	16:34	3:11	10	2:36	10	2:36
Rad □□□	5.00	10:34	2:06	9	1:03	9	1:03	5.20	16:34	3:11	10	2:36	10	2:36
Lauf	1.00	4:28	4:28	7	0:51	7	0:51	6.20	21:02	3:23	9	3:27	9	3:27