



10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

0000

Kimi Kraus

000: 39:13

00: Höchster Schwimmverein 1893 e.V.

00: 405

00: 12.90 km

Chari Tria Youth 3 (0,4-10,0-2,5)

00000/000: 8 (of 46)

00000/0: 7 (of 28)

000000: 35:16

0000:

Jugend B (14-15 J.)

00000: 7(of 14)

0000000: 35:16

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.40	6:31	16:17	9	1:00	10	1:00	0.40	6:31	16:17	9	1:00	10	1:00
Wechsel S -> R	-	1:44	-	11	0:31	17	0:31	0.40	8:15	20:37	9	1:17	12	1:17
Schwimmen 000	0.40	8:15	20:37	9	1:17	12	1:17	0.40	8:15	20:37	9	1:17	12	1:17
Rad netto	10.00	19:28	1:56	6	1:31	6	1:31	10.40	27:43	2:39	6	2:46	6	2:46
Wechsel R -> L	-	0:42	-	4	0:03	8	0:03	10.40	28:25	2:43	6	2:49	6	2:49
Rad 000	10.00	20:10	2:00	6	1:34	6	1:34	10.40	28:25	2:43	6	2:49	6	2:49
Lauf	2.50	10:48	4:19	6	1:08	7	1:08	12.90	39:13	3:02	7	3:57	7	3:57