



# 10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

0000

Joshua Stenner

000: 48:36

00: Höchster Schwimmverein 1893 e.V.

00: 403

00: 12.90 km

00000/000: 43 (of 46)

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

00000/0: 26 (of 28)

000000: 35:16

0000:

00000: 14(of 14)

Jugend B (14-15 J.)

0000000: 35:16

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.40	7:11	17:57	12	1:40	17	1:40	0.40	7:11	17:57	12	1:40	17	1:40
Wechsel S -> R	-	1:35	-	7	0:22	11	0:22	0.40	8:46	21:55	12	1:48	17	1:48
Schwimmen 000	0.40	8:46	21:55	12	1:48	17	1:48	0.40	8:46	21:55	12	1:48	17	1:48
Rad netto	10.00	21:53	2:11	12	3:56	16	3:56	10.40	30:39	2:56	13	5:42	17	5:42
Wechsel R -> L	-	0:41	-	3	0:02	5	0:02	10.40	31:20	3:00	13	5:44	17	5:44
Rad 000	10.00	22:34	2:15	11	3:58	15	3:58	10.40	31:20	3:00	13	5:44	17	5:44
Lauf	2.50	17:16	6:54	14	7:36	27	7:36	12.90	48:36	3:46	14	13:20	26	13:20