



10. VR Bank Charity Triathlon Bidingen

Bidingen / 29.05.2022

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Nahja Stenner

□□□: 54:44

□□: Höchster Schwimmverein 1983 e.V.

□□: 440

□□: 12.90 km

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

□□□□□/□□□: 45 (of 46)

□□□□□/□: 18 (of 18)

□□□□□□: 38:50

□□□□:

Schülerinnen A (12-13 J.)

□□□□□: 10(of 10)

□□□□□□□: 41:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:56	19:49	6	1:51	13	1:51	0.40	7:56	19:49	6	1:51	13	1:51
Wechsel S -> R	-	2:00	-	9	0:38	16	0:51	0.40	9:56	24:49	8	2:29	15	2:29
Schwimmen □□□	0.40	9:56	24:49	8	2:29	15	2:29	0.40	9:56	24:49	8	2:29	15	2:29
Rad netto	10.00	26:34	2:39	10	5:32	18	6:35	10.40	36:30	3:30	10	8:01	18	9:04
Wechsel R -> L	-	0:52	-	8	0:13	14	0:13	10.40	37:22	3:35	10	7:48	18	9:12
Rad □□□	10.00	27:26	2:44	10	5:32	18	6:43	10.40	37:22	3:35	10	7:48	18	9:12
Lauf	2.50	17:22	6:56	10	5:52	18	6:44	12.90	54:44	4:14	10	13:40	18	15:54