



3. Sparkasse Charity Triathlon Büdingen Büdingen / 16.06.2013

□□□□

Gogol, Hartmut

□□□: 1:36:15

□□: Triathlon Wetterau

□□: 23.22 km/h

□□: 210

□□□□: 2:35 min/km

□□: 37.25 km

□□□□□/□□□: 6 (of 40)

Jedermann-Triathlon Power-Distanz (0,75-29,0-7,5) □□□□□: 6 (of 31)

□□□□□□: 1:28:18

□□□□:

□□□□□: 1(of 9)

Senioren 2 MK45

□□□□□□□: 1:36:15

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 0.75 | 17:04 | 22:45 | 2 | 1:06 | 11 | 3:27 | 0.75 | 17:04 | 22:45 | 1 | - | 27 | 1:06 | |
| Zwischen Rad 1 | - | 12:06 | - | 4 | 0:34 | 16 | 2:13 | 0.75 | 29:10 | - | 1 | - | 27 | 0:40 | |
| Zwischen Rad 2 | - | 6:24 | - | 2 | 0:01 | 12 | 0:40 | 0.75 | 35:34 | - | 1 | - | 27 | 0:20 | |
| Zwischen Rad 1 | - | 9:25 | - | 2 | 0:08 | 12 | 1:22 | 0.75 | 44:59 | - | 1 | - | 27 | | |
| Zwischen Rad 2 | - | 6:37 | - | 1 | - | 13 | 0:51 | 0.75 | 51:36 | - | 1 | - | 27 | | |
| Zwischen Rad 1 | - | 9:30 | - | 2 | 0:08 | 15 | 1:24 | 0.75 | 1:01:06 | - | 1 | - | 27 | | |
| Zwischen Rad 2 | - | 6:40 | - | 3 | 0:04 | 17 | 0:52 | 0.75 | 1:07:46 | - | 1 | - | 27 | | |
| Rad | 29.00 | 3:04 | 0:06 | 1 | - | 8 | 0:34 | 29.75 | 1:10:50 | 2:22 | 1 | - | 27 | | |
| Zwischen Lauf 1 | - | 11:04 | - | 1 | - | 12 | 2:06 | 29.75 | 1:21:54 | - | 1 | - | 27 | | |
| Zwischen Lauf 2 | - | 1:00 | - | 2 | 0:14 | 12 | 0:54 | 29.75 | 1:22:54 | - | 1 | - | 27 | | |
| Zwischen Lauf 3 | - | 1:40 | - | 8 | 0:59 | 23 | 1:29 | 29.75 | 1:24:34 | - | 1 | - | 27 | | |
| Zwischen Lauf 2 | - | 7:02 | - | 8 | 1:23 | 25 | 2:13 | 29.75 | 1:31:36 | - | 1 | - | 27 | | |
| Strafzeit | - | fehlt! | - | - | - | - | - | 29.75 | - | - | - | - | - | - | - |
| Lauf | 7.50 | 4:39 | 0:37 | 1 | - | 1 | - | 37.25 | 1:36:15 | 2:35 | 1 | - | 6 | 7:57 | |