



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:05:39

□□: Artemis

□□: 190

□□: 37.25 km

Power-Distanz (0,75-29,0-7,5)

□□□□□/□□□: 28 (of 33)

□□□□□/□: 7 (of 8)

□□□□□□: 1:47:43

□□□□:

Seniorinnen 4 WK55

□□□□□: 1(of 1)

□□□□□□□: 2:05:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:30	23:19	1	-	7	3:53	0.75	17:30	23:19	1	-	7	3:53
Wechsel S -> R	-	3:48	-	1	-	8	1:55	0.75	21:18	28:24	1	-	7	5:48
Schwimmen □□□	0.75	21:18	28:24	1	-	7	5:48	0.75	21:18	28:24	1	-	7	5:48
Rad netto	29.00	58:54	2:01	1	-	7	5:35	29.75	1:20:12	2:41	1	-	7	10:56
Wechsel R -> L	-	1:55	-	1	-	7	0:58	29.75	1:22:07	2:45	1	-	7	11:43
Rad □□□	29.00	1:00:49	2:05	1	-	7	6:09	29.75	1:22:07	2:45	1	-	7	11:43
Lauf	7.50	43:32	5:48	1	-	6	7:36	37.25	2:05:39	3:22	1	-	7	17:56