



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:07:27

□□: TV Bad Orb Team Spessartchallenge

□□: 270

□□: 25.55 km

Jedermann-Triathlon Sprint (0,55-20,0-5,0)

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□□□□□/□: 3 (of 54)

□□□□□□: 1:03:41

□□□□:

Senioren 4 MK55

□□□□□: 1(of 4)

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 9:19     | 16:56        | 1       | -       | 1       | -       | 0.55  | 9:19      | 16:56         | 1       | -       | 1       | -       |
| Wechsel S -> R | -        | 1:40     | -            | 1       | -       | 4       | 0:12    | 0.55  | 10:59     | 19:58         | 1       | -       | 1       | -       |
| Schwimmen □□□  | 0.55     | 10:59    | 19:58        | 1       | -       | 1       | -       | 0.55  | 10:59     | 19:58         | 1       | -       | 1       | -       |
| Rad netto      | 20.00    | 33:26    | 1:40         | 1       | -       | 4       | 2:28    | 20.55 | 44:25     | 2:09          | 1       | -       | 54      | 0:42    |
| Wechsel R -> L | -        | 1:07     | -            | 2       | 0:03    | 12      | 0:12    | 20.55 | 45:32     | 2:12          | 1       | -       | 54      | 0:49    |
| Rad □□□        | 20.00    | 34:33    | 1:43         | 1       | -       | 4       | 2:07    | 20.55 | 45:32     | 2:12          | 1       | -       | 54      | 0:49    |
| Lauf           | 5.00     | 21:55    | 4:23         | 1       | -       | 9       | 2:57    | 25.55 | 1:07:27   | 2:38          | 1       | -       | 3       | 3:46    |