



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:48:06

00: Kefenrod

00: 21

00: 49.25 km

Olympische Distanz (1,25-38.0-10,0)

0000:

Senioren 2 MK45

00000/000: 39 (of 43)

00000/0: 34 (of 38)

000000: 2:09:34

00000: 8(of 10)

0000000: 2:18:39

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0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.25	24:14	19:23	4	2:51	16	13:45	1.25	24:14	19:23	4	2:51	16	13:45
Wechsel S -> R	-	2:19	-	5	0:36	17	0:51	1.25	26:33	21:14	4	3:27	15	8:06
Schwimmen 000	1.25	26:33	21:14	4	3:27	15	8:06	1.25	26:33	21:14	4	3:27	15	8:06
Rad netto	38.00	1:16:12	2:00	8	14:18	34	14:18	39.25	1:42:45	2:37	6	12:28	29	19:27
Wechsel R -> L	-	1:35	-	5	0:31	20	0:33	39.25	1:44:20	2:39	6	12:51	29	19:43
Rad 000	38.00	1:17:47	2:02	8	14:49	34	14:49	39.25	1:44:20	2:39	6	12:51	29	19:43
Lauf	10.00	1:03:46	6:22	10	16:39	35	21:20	49.25	2:48:06	3:24	8	29:27	34	38:32