



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:08:09

00: TSV Mörlen

00: 161

00: 37.25 km

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

0000:

Männer AK4

00000/000: 29 (of 33)

00000/0: 22 (of 25)

000000: 1:42:39

00000: 5(of 6)

0000000: 1:46:00

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.75	19:59	26:38	6	5:11	24	6:18	0.75	19:59	26:38	6	5:11	24	6:18	
Wechsel S -> R	-	2:55	-	6	0:34	17	1:14	0.75	22:54	30:31	6	5:37	24	6:52	
Schwimmen 000	0.75	22:54	30:31	6	5:37	24	6:52	0.75	22:54	30:31	6	5:37	24	6:52	
Rad netto	29.00	57:07	1:58	4	8:24	20	8:24	29.75	1:20:01	2:41	5	11:40	23	12:08	
Wechsel R -> L	-	2:15	-	6	1:06	21	1:09	29.75	1:22:16	2:45	5	12:26	23	13:17	
Rad 000	29.00	59:22	2:02	4	9:30	21	9:30	29.75	1:22:16	2:45	5	12:26	23	13:17	
Lauf	7.50	45:53	6:07	5	11:18	21	15:36	37.25	2:08:09	3:26	5	22:09	22	25:30	