



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:09:25

00: SV Germania 1920 Ockstadt e.V.

00: 193

00: 37.25 km

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

00000/000: 30 (of 33)

00000/0: 23 (of 25)

000000: 1:42:39

0000:

Senioren 2 MK45

00000: 5(of 5)

0000000: 1:46:38

0000

0000

000

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	0.75	17:57	23:56	3	2:27	18	4:16	0.75	17:57	23:56	3	2:27	18	4:16
Wechsel S -> R	-	2:29	-	3	0:39	9	0:48	0.75	20:26	27:14	4	2:52	17	4:24
Schwimmen 000	0.75	20:26	27:14	4	2:52	17	4:24	0.75	20:26	27:14	4	2:52	17	4:24
Rad netto	29.00	59:27	2:03	5	8:26	23	10:44	29.75	1:19:53	2:41	5	11:18	22	12:00
Wechsel R -> L	-	1:12	-	1	-	7	0:06	29.75	1:21:05	2:43	5	10:47	22	12:06
Rad 000	29.00	1:00:39	2:05	5	7:55	23	10:47	29.75	1:21:05	2:43	5	10:47	22	12:06
Lauf	7.50	48:20	6:26	5	15:48	24	18:03	37.25	2:09:25	3:28	5	22:47	23	26:46