



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:09:25

□□: SV Germania 1920 Ockstadt e.V.

□□: 193

□□: 37.25 km

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

□□□□□/□□□: 30 (of 33)

□□□□□/□: 23 (of 25)

□□□□□□: 1:42:39

□□□□:

Senioren 2 MK45

□□□□□: 5(of 5)

□□□□□□□: 1:46:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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