



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:11:02

00: Frankfurt

00: 175

00: 37.25 km

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

00000/000: 31 (of 33)

00000/0: 24 (of 25)

000000: 1:42:39

0000:

Senioren 3 MK50

00000: 7(of 7)

0000000: 1:42:39

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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	0.75	17:22	23:09	6	3:09	15	3:41	0.75	17:22	23:09	6	3:09	15	3:41
Wechsel S -> R	-	3:12	-	6	1:19	21	1:31	0.75	20:34	27:25	5	3:43	18	4:32
Schwimmen 000	0.75	20:34	27:25	5	3:43	18	4:32	0.75	20:34	27:25	5	3:43	18	4:32
Rad netto	29.00	1:01:29	2:07	7	12:43	25	12:46	29.75	1:22:03	2:45	7	14:10	25	14:10
Wechsel R -> L	-	2:37	-	6	1:31	24	1:31	29.75	1:24:40	2:50	7	15:41	25	15:41
Rad 000	29.00	1:04:06	2:12	7	13:10	25	14:14	29.75	1:24:40	2:50	7	15:41	25	15:41
Lauf	7.50	46:22	6:10	7	12:42	22	16:05	37.25	2:11:02	3:31	7	28:23	24	28:23