



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:13:53

00: TSV Mörlen

00: 186

00: 37.25 km

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

00000/000: 33 (of 33)

00000/0: 8 (of 8)

000000: 1:47:43

0000:

Seniorinnen 1 WK40

00000: 3(of 3)

0000000: 1:52:33

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.75	18:48	25:03	3	3:25	8	5:11	0.75	18:48	25:03	3	3:25	8	5:11
Wechsel S -> R	-	3:14	-	3	1:18	7	1:21	0.75	22:02	29:22	3	4:22	8	6:32
Schwimmen 000	0.75	22:02	29:22	3	4:22	8	6:32	0.75	22:02	29:22	3	4:22	8	6:32
Rad netto	29.00	59:55	2:03	3	6:18	8	6:36	29.75	1:21:57	2:45	3	10:40	8	12:41
Wechsel R -> L	-	2:46	-	3	1:49	8	1:49	29.75	1:24:43	2:50	3	11:54	8	14:19
Rad 000	29.00	1:02:41	2:09	3	7:32	8	8:01	29.75	1:24:43	2:50	3	11:54	8	14:19
Lauf	7.50	49:10	6:33	3	9:26	8	13:14	37.25	2:13:53	3:35	3	21:20	8	26:10