



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

□□□□

□□□: 2:54:20

□□: Homberg

□□: 18

□□: 49.25 km

Olympische Distanz (1,25-38.0-10,0)

□□□□□/□□□: 40 (of 43)

□□□□□/□: 35 (of 38)

□□□□□□: 2:09:34

□□□□:

Senioren 2 MK45

□□□□□: 9(of 10)

□□□□□□□: 2:18:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 30:03 | 24:02 | 8 | 8:40 | 34 | 19:34 | 1.25 | 30:03 | 24:02 | 8 | 8:40 | 34 | 19:34 |
| Wechsel S -> R | - | 3:48 | - | 10 | 2:05 | 37 | 2:20 | 1.25 | 33:51 | 27:04 | 8 | 10:45 | 34 | 15:24 |
| Schwimmen □□□ | 1.25 | 33:51 | 27:04 | 8 | 10:45 | 34 | 15:24 | 1.25 | 33:51 | 27:04 | 8 | 10:45 | 34 | 15:24 |
| Rad netto | 38.00 | 1:19:22 | 2:05 | 10 | 17:28 | 37 | 17:28 | 39.25 | 1:53:13 | 2:53 | 9 | 22:56 | 36 | 29:55 |
| Wechsel R -> L | - | 2:34 | - | 10 | 1:30 | 36 | 1:32 | 39.25 | 1:55:47 | 2:56 | 9 | 24:18 | 36 | 31:10 |
| Rad □□□ | 38.00 | 1:21:56 | 2:09 | 10 | 18:58 | 37 | 18:58 | 39.25 | 1:55:47 | 2:56 | 9 | 24:18 | 36 | 31:10 |
| Lauf | 10.00 | 58:33 | 5:51 | 8 | 11:26 | 32 | 16:07 | 49.25 | 2:54:20 | 3:32 | 9 | 35:41 | 35 | 44:46 |