



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

□□□□

□□□: 1:15:38

□□: Eintracht Glauberg

□□: 297

□□: 25.55 km

Jedermann-Triathlon Sprint (0,55-20,0-5,0)

□□□□□/□□□: 20 (of 76)

□□□□□/□: 16 (of 54)

□□□□□□: 1:03:41

□□□□:

Männer AK2

□□□□□: 3(of 5)

□□□□□□□: 1:10:45

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 12:12    | 22:10        | 3       | 2:22    | 19      | 2:53    | 0.55  | 12:12   | 22:10 | 3       | 2:22    | 19      | 2:53    |
| Wechsel S -> R | -        | 2:06     | -            | 3       | 0:26    | 16      | 0:38    | 0.55  | 14:18   | 26:00 | 3       | 2:34    | 18      | 3:19    |
| Schwimmen □□□  | 0.55     | 14:18    | 26:00        | 3       | 2:34    | 18      | 3:19    | 0.55  | 14:18   | 26:00 | 3       | 2:34    | 18      | 3:19    |
| Rad netto      | 20.00    | 37:57    | 1:53         | 3       | 2:38    | 19      | 6:59    | 20.55 | 52:15   | 2:32  | 3       | 5:09    | 54      | 8:32    |
| Wechsel R -> L | -        | 0:56     | -            | 2       | 0:01    | 2       | 0:01    | 20.55 | 53:11   | 2:35  | 6       | 5:00    | 54      | 8:28    |
| Rad □□□        | 20.00    | 38:53    | 1:56         | 3       | 2:39    | 17      | 6:27    | 20.55 | 53:11   | 2:35  | 6       | 5:00    | 54      | 8:28    |
| Lauf           | 5.00     | 22:27    | 4:29         | 1       | -       | 12      | 3:29    | 25.55 | 1:15:38 | 2:57  | 3       | 4:53    | 16      | 11:57   |