



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:46:16

□□: Atlético de Madrid

□□: 262

□□: 25.55 km

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

□□□□□/□□□: 66 (of 76)

□□□□□/□: 46 (of 54)

□□□□□□: 1:03:41

□□□□:

Senioren 3 MK50

□□□□□: 7(of 9)

□□□□□□□: 1:05:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.55	15:23	27:58	6	5:14	46	6:04	0.55	15:23	27:58	10	5:14	55	6:04
Wechsel S -> R	-	3:27	-	5	1:44	34	1:59	0.55	18:50	34:14	10	6:58	55	7:51
Schwimmen □□□	0.55	18:50	34:14	10	6:58	55	7:51	0.55	18:50	34:14	10	6:58	55	7:51
Rad netto	20.00	50:46	2:32	8	18:19	49	19:48	20.55	1:09:36	3:23	9	25:17	47	25:53
Wechsel R -> L	-	2:16	-	6	1:11	44	1:21	20.55	1:11:52	3:29	9	26:28	46	27:09
Rad □□□	20.00	53:02	2:39	8	19:30	50	20:36	20.55	1:11:52	3:29	9	26:28	46	27:09
Lauf	5.00	34:24	6:52	8	14:02	46	15:26	25.55	1:46:16	4:09	7	40:30	46	42:35