



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:13:25

□□: LG Ettingshausen/Laubach

□□: 17

□□: 49.25 km

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

□□□□□/□□□: 4 (of 43)

□□□□□/□: 3 (of 38)

□□□□□□: 2:09:34

□□□□:

Senioren 1 MK40

□□□□□: 1(of 6)

□□□□□□□: 2:13:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	24:10	19:20	2	0:32	14	13:41	1.25	24:10	19:20	2	0:32	14	13:41	
Wechsel S -> R	-	2:12	-	3	0:27	14	0:44	1.25	26:22	21:05	2	0:59	13	7:55	
Schwimmen □□□	1.25	26:22	21:05	2	0:59	13	7:55	1.25	26:22	21:05	2	0:59	13	7:55	
Rad netto	38.00	1:03:02	1:39	1	-	4	1:08	39.25	1:29:24	2:16	1	-	4	6:06	
Wechsel R -> L	-	1:13	-	1	-	5	0:11	39.25	1:30:37	2:18	1	-	4	6:00	
Rad □□□	38.00	1:04:15	1:41	1	-	4	1:17	39.25	1:30:37	2:18	1	-	4	6:00	
Lauf	10.00	42:48	4:16	1	-	2	0:22	49.25	2:13:25	2:42	1	-	3	3:51	