



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:21:38

00: Wetzlar

00: 290

00: 25.55 km

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

0000:

Seniorinnen 2 WK45

00000/000: 26 (of 76)

00000/0: 6 (of 22)

000000: 1:11:25

00000: 1(of 2)

0000000: 1:21:38

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.55	10:25	18:56	1	-	2	0:46	0.55	10:25	18:56	1	-	2	0:46
Wechsel S -> R	-	2:15	-	1	-	6	0:32	0.55	12:40	23:01	1	-	2	1:18
Schwimmen 000	0.55	12:40	23:01	1	-	2	1:18	0.55	12:40	23:01	1	-	2	1:18
Rad netto	20.00	39:15	1:57	1	-	5	5:23	20.55	51:55	2:31	1	-	5	4:35
Wechsel R -> L	-	1:13	-	2	0:10	5	0:12	20.55	53:08	2:35	1	-	5	4:33
Rad 000	20.00	40:28	2:01	1	-	5	5:21	20.55	53:08	2:35	1	-	5	4:33
Lauf	5.00	28:30	5:42	1	-	9	6:01	25.55	1:21:38	3:11	1	-	6	10:13