



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:57:44

00: Mühlthal

00: 254

00: 25.55 km

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

0000:

Senioren 2 MK45

00000/000: 74 (of 76)

00000/0: 52 (of 54)

000000: 1:03:41

00000: 3(of 3)

0000000: 1:11:07

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	17:09	31:10	3	5:40	51	7:50	0.55	17:09	31:10	3	5:40	55	7:50
Wechsel S -> R	-	5:50	-	3	3:43	51	4:22	0.55	22:59	41:47	3	9:23	55	12:00
Schwimmen 000	0.55	22:59	41:47	3	9:23	55	12:00	0.55	22:59	41:47	3	9:23	55	12:00
Rad netto	20.00	53:10	2:39	3	22:12	51	22:12	20.55	1:16:09	3:42	4	29:38	51	32:26
Wechsel R -> L	-	2:47	-	3	1:19	50	1:52	20.55	1:18:56	3:50	4	30:57	52	34:13
Rad 000	20.00	55:57	2:47	3	23:31	51	23:31	20.55	1:18:56	3:50	4	30:57	52	34:13
Lauf	5.00	38:48	7:45	3	15:40	51	19:50	25.55	1:57:44	4:36	3	46:37	52	54:03