



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 3:09:59

□□: Rödermark

□□: 12

□□: 49.25 km

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

□□□□□/□□□: 42 (of 43)

□□□□□/□: 37 (of 38)

□□□□□□: 2:09:34

□□□□:

Senioren 1 MK40

□□□□□: 6(of 6)

□□□□□□□: 2:13:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	26:04	20:51	4	2:26	21	15:35	1.25	26:04	20:51	4	2:26	21	15:35	
Wechsel S -> R	-	2:42	-	6	0:57	27	1:14	1.25	28:46	23:00	4	3:23	20	10:19	
Schwimmen □□□	1.25	28:46	23:00	4	3:23	20	10:19	1.25	28:46	23:00	4	3:23	20	10:19	
Rad netto	38.00	1:16:16	2:00	6	13:14	35	14:22	39.25	1:45:02	2:40	5	15:38	33	21:44	
Wechsel R -> L	-	3:39	-	6	2:26	37	2:37	39.25	1:48:41	2:46	6	18:04	34	24:04	
Rad □□□	38.00	1:19:55	2:06	6	15:40	36	16:57	39.25	1:48:41	2:46	6	18:04	34	24:04	
Lauf	10.00	1:21:18	8:07	6	38:30	37	38:52	49.25	3:09:59	3:51	6	56:34	37	1:00:25	