



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:35:09

□□: Team Traumtänzer

□□: 319

□□: 25.55 km

Staffeltriathlon Sprint (0,55-20,0-5,0)

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□□□□□□: 1:09:18

□□□□:

Staffel

□□□□□: 5(of 5)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.55	14:02	25:30	5	6:02	5	6:02	0.55	14:02	25:30	5	6:02	5	6:02
Wechsel S -> R	-	1:29	-	4	0:12	4	0:12	0.55	15:31	28:12	4	6:14	4	6:14
Schwimmen □□□	0.55	15:31	28:12	4	6:14	4	6:14	0.55	15:31	28:12	4	6:14	4	6:14
Rad netto	20.00	49:11	2:27	4	14:13	4	14:13	20.55	1:04:42	3:08	4	20:27	4	20:27
Wechsel R -> L	-	1:00	-	4	0:16	4	0:16	20.55	1:05:42	3:11	4	20:34	4	20:34
Rad □□□	20.00	50:11	2:30	4	14:20	4	14:20	20.55	1:05:42	3:11	4	20:34	4	20:34
Lauf	5.00	29:27	5:53	5	6:30	5	6:30	25.55	1:35:09	3:43	5	25:51	5	25:51