



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:36:41

00: Gedern

00: 300

00: 25.55 km

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

0000:

Frauen AK3

00000/000: 53 (of 76)

00000/0: 15 (of 22)

000000: 1:11:25

00000: 3(of 4)

0000000: 1:11:25

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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	14:25	26:12	3	3:02	14	4:46	0.55	14:25	26:12	3	3:02	14	4:46
Wechsel S -> R	-	2:35	-	3	0:39	9	0:52	0.55	17:00	30:54	3	3:38	12	5:38
Schwimmen 000	0.55	17:00	30:54	3	3:38	12	5:38	0.55	17:00	30:54	3	3:38	12	5:38
Rad netto	20.00	44:17	2:12	3	10:25	14	10:25	20.55	1:01:17	2:58	3	13:57	13	13:57
Wechsel R -> L	-	1:55	-	4	0:40	20	0:54	20.55	1:03:12	3:04	3	14:37	13	14:37
Rad 000	20.00	46:12	2:18	3	11:05	14	11:05	20.55	1:03:12	3:04	3	14:37	13	14:37
Lauf	5.00	33:29	6:41	4	11:00	19	11:00	25.55	1:36:41	3:47	3	25:16	15	25:16