



7. VR Bank Charity Triathlon Bidingen

Bidingen / 27.05.2018

0000

000: 1:37:25

00: 310

00: 25.55 km

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

00000/000: 55 (of 76)

00000/0: 16 (of 22)

000000: 1:11:25

0000:

Juniorinnen 17-19 Jahre

00000: 3(of 4)

0000000: 1:14:02

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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	13:47	25:03	3	4:08	12	4:08	0.55	13:47	25:03	3	4:08	12	4:08
Wechsel S -> R	-	4:25	-	4	2:42	19	2:42	0.55	18:12	33:05	4	6:50	17	6:50
Schwimmen 000	0.55	18:12	33:05	4	6:50	17	6:50	0.55	18:12	33:05	4	6:50	17	6:50
Rad netto	20.00	50:04	2:30	3	12:50	20	16:12	20.55	1:08:16	3:19	4	19:40	21	20:56
Wechsel R -> L	-	1:53	-	4	0:52	19	0:52	20.55	1:10:09	3:24	4	20:31	21	21:34
Rad 000	20.00	51:57	2:35	4	13:41	21	16:50	20.55	1:10:09	3:24	4	20:31	21	21:34
Lauf	5.00	27:16	5:27	2	2:52	8	4:47	25.55	1:37:25	3:48	3	23:23	16	26:00