



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:39:00

□□: Augenoptik HAUPTsacheSCHARF

□□: 322

□□: 26.55 km

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Gesundheitstriathlon Sprint Staffel 0,55-21-5 km

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□□□□□: 1(of 1)

Staffel

□□□□□□: 1:39:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Schwimmen nett	0.55	7:54	14:21	1	-	1	-	0.55	7:54	14:21	1	-	1	-	
Wechsel S -> R	-	2:01	-	1	-	1	-	0.55	9:55	18:01	1	-	1	-	
Schwimmen □□□	0.55	9:55	18:01	1	-	1	-	0.55	9:55	18:01	1	-	1	-	
Rad netto	21.00	54:57	2:37	1	-	1	-	21.55	1:04:52	3:00	1	-	1	-	
Wechsel R -> L	-	1:03	-	1	-	1	-	21.55	1:05:55	3:03	1	-	1	-	
Rad □□□	21.00	56:00	2:39	1	-	1	-	21.55	1:05:55	3:03	1	-	1	-	
Lauf	5.00	33:05	6:37	1	-	1	-	26.55	1:39:00	3:43	1	-	1	-	