



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:44:03

□□: Helaba BSG Triathlon

□□: 280

□□: 25.55 km

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

□□□□□/□□□: 64 (of 76)

□□□□□/□: 19 (of 22)

□□□□□□: 1:11:25

□□□□:

Frauen AK3

□□□□□: 4(of 4)

□□□□□□□: 1:11:25

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 15:04    | 27:23        | 4       | 3:41    | 19      | 5:25    | 0.55  | 15:04     | 27:23         | 4       | 3:41    | 19      | 5:25    |
| Wechsel S -> R | -        | 3:15     | -            | 4       | 1:19    | 15      | 1:32    | 0.55  | 18:19     | 33:18         | 4       | 4:57    | 18      | 6:57    |
| Schwimmen □□□  | 0.55     | 18:19    | 33:18        | 4       | 4:57    | 18      | 6:57    | 0.55  | 18:19     | 33:18         | 4       | 4:57    | 18      | 6:57    |
| Rad netto      | 20.00    | 51:03    | 2:33         | 4       | 17:11   | 22      | 17:11   | 20.55 | 1:09:22   | 3:22          | 4       | 22:02   | 22      | 22:02   |
| Wechsel R -> L | -        | 1:29     | -            | 3       | 0:14    | 11      | 0:28    | 20.55 | 1:10:51   | 3:26          | 4       | 22:16   | 22      | 22:16   |
| Rad □□□        | 20.00    | 52:32    | 2:37         | 4       | 17:25   | 22      | 17:25   | 20.55 | 1:10:51   | 3:26          | 4       | 22:16   | 22      | 22:16   |
| Lauf           | 5.00     | 33:12    | 6:38         | 3       | 10:43   | 17      | 10:43   | 25.55 | 1:44:03   | 4:04          | 4       | 32:38   | 19      | 32:38   |