



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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000: 1:08:28

00: Frankfurt am Main

00: 231

00: 25.55 km

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

0000:

Männer AK3

00000/000: 6 (of 76)

00000/0: 6 (of 54)

000000: 1:03:41

00000: 1(of 4)

0000000: 1:08:28

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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	10:38	19:19	1	-	10	1:19	0.55	10:38	19:19	1	-	55	1:19
Wechsel S -> R	-	1:45	-	1	-	9	0:17	0.55	12:23	22:30	1	-	55	1:24
Schwimmen 000	0.55	12:23	22:30	1	-	55	1:24	0.55	12:23	22:30	1	-	55	1:24
Rad netto	20.00	33:56	1:41	1	-	7	2:58	20.55	46:19	2:15	1	-	7	2:36
Wechsel R -> L	-	1:00	-	1	-	6	0:05	20.55	47:19	2:18	1	-	7	2:36
Rad 000	20.00	34:56	1:44	1	-	7	2:30	20.55	47:19	2:18	1	-	7	2:36
Lauf	5.00	21:09	4:13	1	-	5	2:11	25.55	1:08:28	2:40	1	-	6	4:47