



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:17:04

00: INTERSPORT HUGEL

00: 256

00: 25.55 km

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

0000:

Senioren 2 MK45

00000/000: 21 (of 76)

00000/0: 17 (of 54)

000000: 1:03:41

00000: 2(of 3)

0000000: 1:11:07

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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	11:29	20:52	1	-	14	2:10	0.55	11:29	20:52	1	-	55	2:10
Wechsel S -> R	-	2:07	-	1	-	17	0:39	0.55	13:36	24:43	1	-	55	2:37
Schwimmen 000	0.55	13:36	24:43	1	-	55	2:37	0.55	13:36	24:43	1	-	55	2:37
Rad netto	20.00	36:04	1:48	2	5:06	14	5:06	20.55	49:40	2:25	4	3:09	14	5:57
Wechsel R -> L	-	1:32	-	2	0:04	23	0:37	20.55	51:12	2:29	4	3:13	14	6:29
Rad 000	20.00	37:36	1:52	2	5:10	15	5:10	20.55	51:12	2:29	4	3:13	14	6:29
Lauf	5.00	25:52	5:10	2	2:44	22	6:54	25.55	1:17:04	3:00	2	5:57	17	13:23