



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:47:11

00: Gießen

00: 196

00: 37.25 km

Power-Distanz (0,75-29,0-7,5)

00000/000: 5 (of 33)

00000/0: 5 (of 25)

000000: 1:42:39

0000:

Männer AK2

00000: 1(of 2)

0000000: 1:47:11

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0000

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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 | 0.75 | 14:29 | 19:18 | 2 | 0:48 | 4 | 0:48 | 0.75 | 14:29 | 19:18 | 2 | 0:48 | 4 | 0:48 |
| Wechsel S -> R | - | 3:39 | - | 2 | 1:18 | 23 | 1:58 | 0.75 | 18:08 | 24:10 | 2 | 2:06 | 10 | 2:06 |
| Schwimmen 000 | 0.75 | 18:08 | 24:10 | 2 | 2:06 | 10 | 2:06 | 0.75 | 18:08 | 24:10 | 2 | 2:06 | 10 | 2:06 |
| Rad netto | 29.00 | 56:42 | 1:57 | 2 | 4:25 | 18 | 7:59 | 29.75 | 1:14:50 | 2:30 | 2 | 6:31 | 16 | 6:57 |
| Wechsel R -> L | - | 2:04 | - | 2 | 0:13 | 18 | 0:58 | 29.75 | 1:16:54 | 2:35 | 2 | 6:44 | 16 | 7:55 |
| Rad 000 | 29.00 | 58:46 | 2:01 | 2 | 4:38 | 19 | 8:54 | 29.75 | 1:16:54 | 2:35 | 2 | 6:44 | 16 | 7:55 |
| Lauf | 7.50 | 30:17 | 4:02 | 1 | - | 1 | - | 37.25 | 1:47:11 | 2:52 | 1 | - | 5 | 4:32 |