



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:47:11

□□: Gießen

□□: 196

□□: 37.25 km

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

□□□□□/□□□: 5 (of 33)

□□□□□/□: 5 (of 25)

□□□□□□: 1:42:39

□□□□:

Männer AK2

□□□□□: 1(of 2)

□□□□□□□: 1:47:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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