



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

□□□□

□□□: 1:19:48

□□: Triathlonprojekt Büdingen

□□: 299

□□: 25.55 km

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

□□□□□/□□□: 25 (of 76)

□□□□□/□: 5 (of 22)

□□□□□□: 1:11:25

□□□□:

Seniorinnen 3 WK50

□□□□□: 1(of 4)

□□□□□□□: 1:19:48

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 11:24 | 20:43 | 1 | - | 6 | 1:45 | 0.55 | 11:24 | 20:43 | 1 | - | 23 | 1:45 |
| Wechsel S -> R | - | 1:57 | - | 1 | - | 3 | 0:14 | 0.55 | 13:21 | 24:16 | 1 | - | 23 | 1:59 |
| Schwimmen □□□ | 0.55 | 13:21 | 24:16 | 1 | - | 23 | 1:59 | 0.55 | 13:21 | 24:16 | 1 | - | 23 | 1:59 |
| Rad netto | 20.00 | 39:32 | 1:58 | 1 | - | 6 | 5:40 | 20.55 | 52:53 | 2:34 | 1 | - | 23 | 5:33 |
| Wechsel R -> L | - | 1:16 | - | 1 | - | 7 | 0:15 | 20.55 | 54:09 | 2:38 | 1 | - | 23 | 5:34 |
| Rad □□□ | 20.00 | 40:48 | 2:02 | 1 | - | 6 | 5:41 | 20.55 | 54:09 | 2:38 | 1 | - | 23 | 5:34 |
| Lauf | 5.00 | 25:39 | 5:07 | 1 | - | 6 | 3:10 | 25.55 | 1:19:48 | 3:07 | 1 | - | 5 | 8:23 |