



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:50:09

00: Team Erdinger alkoholfrei

00: 166

00: 37.25 km

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

00000/000: 11 (of 33)

00000/0: 9 (of 25)

000000: 1:42:39

0000:

Senioren 2 MK45

00000: 3(of 5)

0000000: 1:46:38

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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	15:30	20:40	1	-	11	1:49	0.75	15:30	20:40	1	-	11	1:49
Wechsel S -> R	-	2:04	-	2	0:14	4	0:23	0.75	17:34	23:25	1	-	7	1:32
Schwimmen 000	0.75	17:34	23:25	1	-	7	1:32	0.75	17:34	23:25	1	-	7	1:32
Rad netto	29.00	51:01	1:45	1	-	3	2:18	29.75	1:08:35	2:18	1	-	4	0:42
Wechsel R -> L	-	1:43	-	4	0:31	15	0:37	29.75	1:10:18	2:21	1	-	4	1:19
Rad 000	29.00	52:44	1:49	1	-	5	2:52	29.75	1:10:18	2:21	1	-	4	1:19
Lauf	7.50	39:51	5:18	4	7:19	17	9:34	37.25	1:50:09	2:57	3	3:31	9	7:30