



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:51:15

00: Frankfurt

00: 163

00: 37.25 km

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

00000/000: 12 (of 33)

00000/0: 10 (of 25)

000000: 1:42:39

0000:

Senioren 1 MK40

00000: 1(of 4)

0000000: 1:51:15

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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	14:22	19:09	1	-	3	0:41	0.75	14:22	19:09	1	-	3	0:41
Wechsel S -> R	-	2:48	-	4	1:07	16	1:07	0.75	17:10	22:53	2	0:22	5	1:08
Schwimmen 000	0.75	17:10	22:53	2	0:22	5	1:08	0.75	17:10	22:53	2	0:22	5	1:08
Rad netto	29.00	51:42	1:46	1	-	6	2:59	29.75	1:08:52	2:18	1	-	5	0:59
Wechsel R -> L	-	2:20	-	4	1:11	23	1:14	29.75	1:11:12	2:23	2	0:36	7	2:13
Rad 000	29.00	54:02	1:51	2	0:14	9	4:10	29.75	1:11:12	2:23	2	0:36	7	2:13
Lauf	7.50	40:03	5:20	2	3:38	18	9:46	37.25	1:51:15	2:59	1	-	10	8:36