



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:51:23

00: Bad Vilbel

00: 170

00: 37.25 km

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

00000/000: 13 (of 33)

00000/0: 11 (of 25)

000000: 1:42:39

0000:

Senioren 3 MK50

00000: 3(of 7)

0000000: 1:42:39

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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	14:38	19:30	2	0:25	5	0:57	0.75	14:38	19:30	2	0:25	5	0:57
Wechsel S -> R	-	3:09	-	5	1:16	20	1:28	0.75	17:47	23:42	3	0:56	9	1:45
Schwimmen 000	0.75	17:47	23:42	3	0:56	9	1:45	0.75	17:47	23:42	3	0:56	9	1:45
Rad netto	29.00	55:46	1:55	5	7:00	16	7:03	29.75	1:13:33	2:28	4	5:40	13	5:40
Wechsel R -> L	-	1:41	-	2	0:35	14	0:35	29.75	1:15:14	2:31	3	6:15	12	6:15
Rad 000	29.00	57:27	1:58	5	6:31	16	7:35	29.75	1:15:14	2:31	3	6:15	12	6:15
Lauf	7.50	36:09	4:49	2	2:29	6	5:52	37.25	1:51:23	2:59	3	8:44	11	8:44