



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:52:16

□□: 198

□□: 37.25 km

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

□□□□□/□□□: 16 (of 33)

□□□□□/□: 14 (of 25)

□□□□□□: 1:42:39

□□□□:

Senioren 1 MK40

□□□□□: 3(of 4)

□□□□□□□: 1:51:15

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 15:07 | 20:09 | 2 | 0:45 | 9 | 1:26 | 0.75 | 15:07 | 20:09 | 2 | 0:45 | 9 | 1:26 |
| Wechsel S -> R | - | 1:41 | - | 1 | - | 1 | - | 0.75 | 16:48 | 22:24 | 1 | - | 2 | 0:46 |
| Schwimmen □□□ | 0.75 | 16:48 | 22:24 | 1 | - | 2 | 0:46 | 0.75 | 16:48 | 22:24 | 1 | - | 2 | 0:46 |
| Rad netto | 29.00 | 52:13 | 1:48 | 2 | 0:31 | 7 | 3:30 | 29.75 | 1:09:01 | 2:19 | 2 | 0:09 | 7 | 1:08 |
| Wechsel R -> L | - | 1:35 | - | 3 | 0:26 | 12 | 0:29 | 29.75 | 1:10:36 | 2:22 | 1 | - | 5 | 1:37 |
| Rad □□□ | 29.00 | 53:48 | 1:51 | 1 | - | 6 | 3:56 | 29.75 | 1:10:36 | 2:22 | 1 | - | 5 | 1:37 |
| Lauf | 7.50 | 41:40 | 5:33 | 3 | 5:15 | 19 | 11:23 | 37.25 | 1:52:16 | 3:00 | 3 | 1:01 | 14 | 9:37 |