



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:52:33

□□: Triathlon-Team-Giessen

□□: 185

□□: 37.25 km

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

□□□□□/□□□: 18 (of 33)

□□□□□/□: 4 (of 8)

□□□□□□: 1:47:43

□□□□:

Seniorinnen 1 WK40

□□□□□: 1(of 3)

□□□□□□□: 1:52:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:23	20:30	1	-	5	1:46	0.75	15:23	20:30	1	-	5	1:46
Wechsel S -> R	-	2:17	-	2	0:21	4	0:24	0.75	17:40	23:33	1	-	5	2:10
Schwimmen □□□	0.75	17:40	23:33	1	-	5	2:10	0.75	17:40	23:33	1	-	5	2:10
Rad netto	29.00	53:37	1:50	1	-	2	0:18	29.75	1:11:17	2:23	1	-	3	2:01
Wechsel R -> L	-	1:32	-	2	0:35	6	0:35	29.75	1:12:49	2:26	1	-	4	2:25
Rad □□□	29.00	55:09	1:54	1	-	3	0:29	29.75	1:12:49	2:26	1	-	4	2:25
Lauf	7.50	39:44	5:17	1	-	3	3:48	37.25	1:52:33	3:01	1	-	4	4:50