



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:34:33

□□: Die Grünen Oberhessen

□□: 38

□□: 49.25 km

Olympische Distanz (1,25-38.0-10,0)

□□□□□/□□□: 28 (of 43)

□□□□□/□: 26 (of 38)

□□□□□□: 2:09:34

□□□□:

Senioren 4 MK55

□□□□□: 4(of 6)

□□□□□□□: 2:14:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	29:23	23:30	6	7:32	32	18:54	1.25	29:23	23:30	6	7:32	32	18:54
Wechsel S -> R	-	2:22	-	3	0:27	19	0:54	1.25	31:45	25:23	6	7:59	30	13:18
Schwimmen □□□	1.25	31:45	25:23	6	7:59	30	13:18	1.25	31:45	25:23	6	7:59	30	13:18
Rad netto	38.00	1:09:04	1:49	4	4:03	21	7:10	39.25	1:40:49	2:34	5	12:02	24	17:31
Wechsel R -> L	-	1:19	-	1	-	9	0:17	39.25	1:42:08	2:36	4	12:02	23	17:31
Rad □□□	38.00	1:10:23	1:51	4	4:03	19	7:25	39.25	1:42:08	2:36	4	12:02	23	17:31
Lauf	10.00	52:25	5:14	4	8:24	27	9:59	49.25	2:34:33	3:08	4	20:26	26	24:59