



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:55:26

00: www.fansf.de

00: 173

00: 37.25 km

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

00000/000: 21 (of 33)

00000/0: 17 (of 25)

000000: 1:42:39

0000:

Senioren 3 MK50

00000: 5(of 7)

0000000: 1:42:39

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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	16:41	22:14	4	2:28	13	3:00	0.75	16:41	22:14	4	2:28	13	3:00
Wechsel S -> R	-	4:27	-	7	2:34	25	2:46	0.75	21:08	28:10	6	4:17	19	5:06
Schwimmen 000	0.75	21:08	28:10	6	4:17	19	5:06	0.75	21:08	28:10	6	4:17	19	5:06
Rad netto	29.00	52:37	1:48	3	3:51	11	3:54	29.75	1:13:45	2:28	5	5:52	14	5:52
Wechsel R -> L	-	2:53	-	7	1:47	25	1:47	29.75	1:16:38	2:34	5	7:39	15	7:39
Rad 000	29.00	55:30	1:54	3	4:34	13	5:38	29.75	1:16:38	2:34	5	7:39	15	7:39
Lauf	7.50	38:48	5:10	6	5:08	14	8:31	37.25	1:55:26	3:05	5	12:47	17	12:47