



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 1:24:40

□□: Gelnhausen

□□: 222

□□: 25.55 km

Jedermann-Triathlon Sprint (0,55-20,0-5,0)

□□□□□/□□□: 31 (of 76)

□□□□□/□: 25 (of 54)

□□□□□□: 1:03:41

□□□□:

Männer AK1

□□□□□: 5(of 5)

□□□□□□□: 1:03:41

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□□□□

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 12:27    | 22:38        | 5       | 2:50    | 26      | 3:08    | 0.55  | 12:27   | 22:38 | 5       | 2:50    | 55      | 3:08    |
| Wechsel S -> R | -        | 3:58     | -            | 5       | 2:30    | 39      | 2:30    | 0.55  | 16:25   | 29:50 | 5       | 5:20    | 55      | 5:26    |
| Schwimmen □□□  | 0.55     | 16:25    | 29:50        | 5       | 5:20    | 55      | 5:26    | 0.55  | 16:25   | 29:50 | 5       | 5:20    | 55      | 5:26    |
| Rad netto      | 20.00    | 39:27    | 1:58         | 4       | 6:49    | 26      | 8:29    | 20.55 | 55:52   | 2:43  | 4       | 12:09   | 27      | 12:09   |
| Wechsel R -> L | -        | 1:13     | -            | 4       | 0:17    | 16      | 0:18    | 20.55 | 57:05   | 2:46  | 4       | 12:22   | 27      | 12:22   |
| Rad □□□        | 20.00    | 40:40    | 2:01         | 4       | 7:02    | 23      | 8:14    | 20.55 | 57:05   | 2:46  | 4       | 12:22   | 27      | 12:22   |
| Lauf           | 5.00     | 27:35    | 5:30         | 5       | 8:37    | 26      | 8:37    | 25.55 | 1:24:40 | 3:18  | 5       | 20:59   | 25      | 20:59   |