



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:56:30

00: BSG Hamburg Wasser

00: 176

00: 37.25 km

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

00000/000: 22 (of 33)

00000/0: 18 (of 25)

000000: 1:42:39

0000:

Senioren 3 MK50

00000: 6(of 7)

0000000: 1:42:39

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.75	19:04	25:25	7	4:51	21	5:23	0.75	19:04	25:25	7	4:51	21	5:23
Wechsel S -> R	-	2:45	-	3	0:52	15	1:04	0.75	21:49	29:05	7	4:58	22	5:47
Schwimmen 000	0.75	21:49	29:05	7	4:58	22	5:47	0.75	21:49	29:05	7	4:58	22	5:47
Rad netto	29.00	54:38	1:53	4	5:52	14	5:55	29.75	1:16:27	2:34	6	8:34	17	8:34
Wechsel R -> L	-	2:05	-	4	0:59	19	0:59	29.75	1:18:32	2:38	6	9:33	19	9:33
Rad 000	29.00	56:43	1:57	4	5:47	14	6:51	29.75	1:18:32	2:38	6	9:33	19	9:33
Lauf	7.50	37:58	5:03	4	4:18	12	7:41	37.25	1:56:30	3:07	6	13:51	18	13:51