



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:57:28

00: SV Germania Ockstadt

00: 187

00: 37.25 km

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

00000/000: 23 (of 33)

00000/0: 5 (of 8)

000000: 1:47:43

0000:

Seniorinnen 1 WK40

00000: 2(of 3)

0000000: 1:52:33

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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	17:21	23:08	2	1:58	6	3:44	0.75	17:21	23:08	2	1:58	6	3:44
Wechsel S -> R	-	1:56	-	1	-	2	0:03	0.75	19:17	25:42	2	1:37	6	3:47
Schwimmen 000	0.75	19:17	25:42	2	1:37	6	3:47	0.75	19:17	25:42	2	1:37	6	3:47
Rad netto	29.00	54:55	1:53	2	1:18	5	1:36	29.75	1:14:12	2:29	2	2:55	6	4:56
Wechsel R -> L	-	0:57	-	1	-	1	-	29.75	1:15:09	2:31	2	2:20	6	4:45
Rad 000	29.00	55:52	1:55	2	0:43	5	1:12	29.75	1:15:09	2:31	2	2:20	6	4:45
Lauf	7.50	42:19	5:38	2	2:35	5	6:23	37.25	1:57:28	3:09	2	4:55	5	9:45