



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:38:07

00: db Ausdauer

00: 36

00: 49.25 km

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

00000/000: 32 (of 43)

00000/0: 30 (of 38)

000000: 2:09:34

0000:

Senioren 4 MK55

00000: 5(of 6)

0000000: 2:14:07

0000

0000

000

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	1.25	22:38	18:06	3	0:47	8	12:09	1.25	22:38	18:06	3	0:47	8	12:09
Wechsel S -> R	-	2:48	-	5	0:53	29	1:20	1.25	25:26	20:20	3	1:40	10	6:59
Schwimmen 000	1.25	25:26	20:20	3	1:40	10	6:59	1.25	25:26	20:20	3	1:40	10	6:59
Rad netto	38.00	1:14:48	1:58	6	9:47	32	12:54	39.25	1:40:14	2:33	4	11:27	23	16:56
Wechsel R -> L	-	2:18	-	6	0:59	34	1:16	39.25	1:42:32	2:36	5	12:26	24	17:55
Rad 000	38.00	1:17:06	2:01	6	10:46	33	14:08	39.25	1:42:32	2:36	5	12:26	24	17:55
Lauf	10.00	55:35	5:33	6	11:34	30	13:09	49.25	2:38:07	3:12	5	24:00	30	28:33