



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

□□□□

□□□: 2:38:35

□□: Tri-Team Gießen

□□: 47

□□: 49.25 km

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

□□□□□/□□□: 33 (of 43)

□□□□□/□: 3 (of 5)

□□□□□□: 2:07:31

□□□□:

Seniorinnen 2 WK45

□□□□□: 1(of 1)

□□□□□□□: 2:38:35

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	25:51	20:40	1	-	4	5:57	1.25	25:51	20:40	1	-	4	5:57
Wechsel S -> R	-	2:28	-	1	-	3	0:50	1.25	28:19	22:39	1	-	3	6:47
Schwimmen □□□	1.25	28:19	22:39	1	-	3	6:47	1.25	28:19	22:39	1	-	3	6:47
Rad netto	38.00	1:16:05	2:00	1	-	4	13:33	39.25	1:44:24	2:39	1	-	3	18:29
Wechsel R -> L	-	1:40	-	1	-	3	0:48	39.25	1:46:04	2:42	1	-	3	18:37
Rad □□□	38.00	1:17:45	2:02	1	-	4	13:41	39.25	1:46:04	2:42	1	-	3	18:37
Lauf	10.00	52:31	5:15	1	-	2	12:27	49.25	2:38:35	3:13	1	-	3	31:04