



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:00:25

□□: MTV Gießen

□□: 167

□□: 37.25 km

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

□□□□□/□□□: 24 (of 33)

□□□□□/□: 19 (of 25)

□□□□□□: 1:42:39

□□□□:

Senioren 2 MK45

□□□□□: 4(of 5)

□□□□□□□: 1:46:38

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 20:10 | 26:53 | 5 | 4:40 | 25 | 6:29 | 0.75 | 20:10 | 26:53 | 5 | 4:40 | 25 | 6:29 |
| Wechsel S -> R | - | 3:17 | - | 5 | 1:27 | 22 | 1:36 | 0.75 | 23:27 | 31:15 | 5 | 5:53 | 25 | 7:25 |
| Schwimmen □□□ | 0.75 | 23:27 | 31:15 | 5 | 5:53 | 25 | 7:25 | 0.75 | 23:27 | 31:15 | 5 | 5:53 | 25 | 7:25 |
| Rad netto | 29.00 | 55:04 | 1:53 | 4 | 4:03 | 15 | 6:21 | 29.75 | 1:18:31 | 2:38 | 4 | 9:56 | 20 | 10:38 |
| Wechsel R -> L | - | 2:16 | - | 5 | 1:04 | 22 | 1:10 | 29.75 | 1:20:47 | 2:42 | 4 | 10:29 | 21 | 11:48 |
| Rad □□□ | 29.00 | 57:20 | 1:58 | 4 | 4:36 | 15 | 7:28 | 29.75 | 1:20:47 | 2:42 | 4 | 10:29 | 21 | 11:48 |
| Lauf | 7.50 | 39:38 | 5:17 | 3 | 7:06 | 16 | 9:21 | 37.25 | 2:00:25 | 3:13 | 4 | 13:47 | 19 | 17:46 |