



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 2:40:31

00: LahnLaender

00: 54

00: 49.25 km

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

00000/000: 35 (of 43)

00000/0: 4 (of 5)

000000: 2:07:31

0000:

Seniorinnen 4 WK55

00000: 1(of 1)

0000000: 2:40:31

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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	1.25	26:31	21:12	1	-	5	6:37	1.25	26:31	21:12	1	-	5	6:37
Wechsel S -> R	-	3:01	-	1	-	4	1:23	1.25	29:32	23:37	1	-	5	8:00
Schwimmen 000	1.25	29:32	23:37	1	-	5	8:00	1.25	29:32	23:37	1	-	5	8:00
Rad netto	38.00	1:15:37	1:59	1	-	3	13:05	39.25	1:45:09	2:40	1	-	4	19:14
Wechsel R -> L	-	1:48	-	1	-	4	0:56	39.25	1:46:57	2:43	1	-	4	19:30
Rad 000	38.00	1:17:25	2:02	1	-	3	13:21	39.25	1:46:57	2:43	1	-	4	19:30
Lauf	10.00	53:34	5:21	1	-	3	13:30	49.25	2:40:31	3:15	1	-	4	33:00