



# 7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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□□□: 2:40:31

□□: LahnLaender

□□: 54

□□: 49.25 km

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

□□□□□/□□□: 35 (of 43)

□□□□□/□: 4 (of 5)

□□□□□□: 2:07:31

□□□□:

Seniorinnen 4 WK55

□□□□□: 1(of 1)

□□□□□□□: 2:40:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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	