



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:34:11

00: Köln

00: 248

00: 25.55 km

Jedermann-Triathlon Sprint (0,55-20,0-5,0)

00000/000: 47 (of 76)

00000/0: 35 (of 54)

000000: 1:03:41

0000:

Senioren 1 MK40

00000: 5(of 8)

0000000: 1:07:51

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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	0.55	12:18	22:21	3	2:35	23	2:59	0.55	12:18	22:21	3	2:35	55	2:59
Wechsel S -> R	-	6:37	-	7	4:38	52	5:09	0.55	18:55	34:23	6	7:11	55	7:56
Schwimmen 000	0.55	18:55	34:23	6	7:11	55	7:56	0.55	18:55	34:23	6	7:11	55	7:56
Rad netto	20.00	44:02	2:12	6	10:19	38	13:04	20.55	1:02:57	3:03	6	17:30	36	19:14
Wechsel R -> L	-	2:37	-	8	1:26	48	1:42	20.55	1:05:34	3:11	6	18:56	37	20:51
Rad 000	20.00	46:39	2:19	6	11:45	40	14:13	20.55	1:05:34	3:11	6	18:56	37	20:51
Lauf	5.00	28:37	5:43	3	7:24	29	9:39	25.55	1:34:11	3:41	5	26:20	35	30:30