



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

0000

000: 1:34:15

00: ECB

00: 251

00: 25.55 km

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

0000:

Senioren 1 MK40

00000/000: 48 (of 76)

00000/0: 36 (of 54)

000000: 1:03:41

00000: 6(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	13:37	24:45	6	3:54	39	4:18	0.55	13:37	24:45	6	3:54	55	4:18
Wechsel S -> R	-	3:38	-	5	1:39	37	2:10	0.55	17:15	31:21	5	5:31	55	6:16
Schwimmen 000	0.55	17:15	31:21	5	5:31	55	6:16	0.55	17:15	31:21	5	5:31	55	6:16
Rad netto	20.00	43:49	2:11	5	10:06	36	12:51	20.55	1:01:04	2:58	5	15:37	35	17:21
Wechsel R -> L	-	1:49	-	5	0:38	35	0:54	20.55	1:02:53	3:03	5	16:15	35	18:10
Rad 000	20.00	45:38	2:16	5	10:44	37	13:12	20.55	1:02:53	3:03	5	16:15	35	18:10
Lauf	5.00	31:22	6:16	6	10:09	38	12:24	25.55	1:34:15	3:41	6	26:24	36	30:34