



7. VR Bank Charity Triathlon Büdingen

Büdingen / 27.05.2018

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000: 2:04:50

00: SV Germania 1920 Ockstadt e.V.

00: 165

00: 37.25 km

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

00000/000: 27 (of 33)

00000/0: 21 (of 25)

000000: 1:42:39

0000:

Senioren 1 MK40

00000: 4(of 4)

0000000: 1:51:15

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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	0.75	17:35	23:26	3	3:13	17	3:54	0.75	17:35	23:26	3	3:13	17	3:54
Wechsel S -> R	-	2:28	-	2	0:47	8	0:47	0.75	20:03	26:44	3	3:15	15	4:01
Schwimmen 000	0.75	20:03	26:44	3	3:15	15	4:01	0.75	20:03	26:44	3	3:15	15	4:01
Rad netto	29.00	57:00	1:57	4	5:18	19	8:17	29.75	1:17:03	2:35	4	8:11	19	9:10
Wechsel R -> L	-	1:09	-	1	-	3	0:03	29.75	1:18:12	2:37	4	7:36	18	9:13
Rad 000	29.00	58:09	2:00	4	4:21	17	8:17	29.75	1:18:12	2:37	4	7:36	18	9:13
Lauf	7.50	46:38	6:13	4	10:13	23	16:21	37.25	2:04:50	3:21	4	13:35	21	22:11