



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

□□□□

Christoffer Bäcker

□□□: 2:35:06

□□: Eintracht Frankfurt Triathlon

□□: 69

□□: 49.25 km

□□□□□/□□□: 57 (of 64)

Chari Tria Olymp (1,25-38.0-10,0)

□□□□□/□: 50 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 10(of 10)

Männer AK3

□□□□□□□: 2:07:53

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	30:54	24:43	10	9:20	50	13:43	1.25	30:54	24:43	11	9:20	56	13:43
Wechsel S -> R	-	3:17	-	7	2:38	37	2:38	1.25	34:11	27:20	11	9:49	56	14:55
Schwimmen □□□	1.25	34:11	27:20	11	9:49	56	14:55	1.25	34:11	27:20	11	9:49	56	14:55
Rad netto	38.00	1:11:26	1:52	7	14:14	48	41:49	39.25	1:45:37	2:41	11	20:17	56	52:31
Wechsel R -> L	-	1:28	-	5	0:22	24	0:39	39.25	1:47:05	2:43	11	20:19	56	53:10
Rad □□□	38.00	1:12:54	1:55	7	14:30	47	42:28	39.25	1:47:05	2:43	11	20:19	56	53:10
Lauf	10.00	48:01	4:48	7	11:33	41	14:22	49.25	2:35:06	3:08	10	27:13	50	45:12