



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Patrick Brandenburger

□□□: 2:26:15

□□: Lahn Dill Triathleten

□□: 65

□□: 49.25 km

□□□□□/□□□: 39 (of 64)

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

□□□□□/□: 37 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 5(of 5)

Senioren 1 MK40

□□□□□□□: 1:49:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	38:23	30:42	5	21:12	55	21:12	1.25	38:23	30:42	6	21:12	56	21:12
Wechsel S -> R	-	3:40	-	5	1:35	43	3:01	1.25	42:03	33:38	6	22:47	56	22:47
Schwimmen □□□	1.25	42:03	33:38	6	22:47	56	22:47	1.25	42:03	33:38	6	22:47	56	22:47
Rad netto	38.00	1:04:31	1:41	4	10:30	28	34:54	39.25	1:46:34	2:42	6	31:51	56	53:28
Wechsel R -> L	-	2:29	-	5	1:33	53	1:40	39.25	1:49:03	2:46	6	33:12	56	55:08
Rad □□□	38.00	1:07:00	1:45	5	11:51	34	36:34	39.25	1:49:03	2:46	6	33:12	56	55:08
Lauf	10.00	37:12	3:43	3	3:09	8	3:33	49.25	2:26:15	2:58	5	36:21	37	36:21