



# 9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Michael Laupert

□□□: 2:48:57

□□: Eintracht Frankfurt - Triathlon

□□: 39

□□: 49.25 km

□□□□□/□□□: 62 (of 64)

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

□□□□□/□: 53 (of 55)

□□□□□□: 1:49:54

□□□□:

□□□□□: 11(of 12)

Senioren 2 MK45

□□□□□□□: 1:57:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	31:27	25:09	12	12:11	54	14:16	1.25	31:27	25:09	13	12:11	56	14:16
Wechsel S -> R	-	4:22	-	12	2:28	52	3:43	1.25	35:49	28:39	13	14:39	56	16:33
Schwimmen □□□	1.25	35:49	28:39	13	14:39	56	16:33	1.25	35:49	28:39	13	14:39	56	16:33
Rad netto	38.00	1:22:35	2:10	12	52:58	55	52:58	39.25	1:58:24	3:00	12	1:05:18	55	1:05:18
Wechsel R -> L	-	1:30	-	6	0:41	26	0:41	39.25	1:59:54	3:03	12	1:05:59	55	1:05:59
Rad □□□	38.00	1:24:05	2:12	12	53:39	55	53:39	39.25	1:59:54	3:03	12	1:05:59	55	1:05:59
Lauf	10.00	49:03	4:54	11	13:33	44	15:24	49.25	2:48:57	3:25	11	51:34	53	59:03