



9. VR Bank ChariTria Büdingen

Büdingen / 22.08.2021

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Sara Kourebanas

□□□: 2:27:18

□□: Eintracht Frankfurt Triathlon

□□: 48

□□: 49.25 km

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

□□□□□/□□□: 41 (of 64)

□□□□□/□: 3 (of 9)

□□□□□□: 2:15:55

□□□□:

Frauen AK4

□□□□□: 1(of 3)

□□□□□□□: 2:27:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	28:22	22:41	3	2:38	7	7:40	1.25	28:22	22:41	4	2:38	10	7:40	
Wechsel S -> R	-	3:15	-	2	0:04	6	1:18	1.25	31:37	25:17	4	2:42	10	8:58	
Schwimmen □□□	1.25	31:37	25:17	4	2:42	10	8:58	1.25	31:37	25:17	4	2:42	10	8:58	
Rad netto	38.00	1:06:05	1:44	1	-	3	1:31	39.25	1:37:42	2:29	1	-	10	9:40	
Wechsel R -> L	-	1:18	-	2	0:03	5	0:19	39.25	1:39:00	2:31	1	-	10	9:59	
Rad □□□	38.00	1:07:23	1:46	1	-	3	1:17	39.25	1:39:00	2:31	1	-	10	9:59	
Lauf	10.00	48:18	4:49	2	3:31	3	5:58	49.25	2:27:18	2:59	1	-	3	11:23	