



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Mike Scharmann

000: 2:13:44

00: SV Laubach

00: 24

00: 49.25 km

00000/000: 10 (of 42)

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

00000/0: 8 (of 34)

000000: 1:49:44

0000:

00000: 2(of 6)

Olymp Senioren 2 MK45

0000000: 2:09:03

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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	1.25	22:53	18:18	3	1:34	8	4:23	1.25	22:53	18:18	7	1:34	35	4:23
Wechsel S -> R	-	3:01	-	3	0:59	14	1:18	1.25	25:54	20:43	7	2:33	35	5:41
Schwimmen 000	1.25	25:54	20:43	7	2:33	35	5:41	1.25	25:54	20:43	7	2:33	35	5:41
Rad netto	38.00	1:03:18	1:39	2	0:26	9	10:32	39.25	1:29:12	2:16	7	2:59	35	15:45
Wechsel R -> L	-	1:15	-	1	-	5	0:23	39.25	1:30:27	2:18	7	2:50	35	16:08
Rad 000	38.00	1:04:33	1:41	2	0:17	9	10:55	39.25	1:30:27	2:18	7	2:50	35	16:08
Lauf	10.00	43:17	4:19	2	4:08	13	7:52	49.25	2:13:44	2:42	2	4:41	8	24:00