



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Andre Schiemenowski

000: 2:15:19

00: 20

00: 49.25 km

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

00000/000: 13 (of 42)

00000/0: 11 (of 34)

000000: 1:49:44

0000:

Olymp Senioren 2 MK45

00000: 3(of 6)

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	21:19	17:03	1	-	4	2:49	1.25	21:19	17:03	1	-	35	2:49
Wechsel S -> R	-	2:02	-	1	-	4	0:19	1.25	23:21	18:40	1	-	35	3:08
Schwimmen 000	1.25	23:21	18:40	1	-	35	3:08	1.25	23:21	18:40	1	-	35	3:08
Rad netto	38.00	1:02:52	1:39	1	-	8	10:06	39.25	1:26:13	2:11	1	-	4	12:46
Wechsel R -> L	-	1:24	-	2	0:09	8	0:32	39.25	1:27:37	2:13	1	-	4	13:18
Rad 000	38.00	1:04:16	1:41	1	-	8	10:38	39.25	1:27:37	2:13	1	-	4	13:18
Lauf	10.00	47:42	4:46	4	8:33	26	12:17	49.25	2:15:19	2:44	3	6:16	11	25:35