



10. VR Bank Charity Triathlon Büdingen  
Büdingen / 29.05.2022

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Andre Schiemenowski

□□□: 2:15:19

□□: 20

□□: 49.25 km

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

□□□□□/□□□: 13 (of 42)

□□□□□/□: 11 (of 34)

□□□□□□: 1:49:44

□□□□:

Olymp Senioren 2 MK45

□□□□□: 3(of 6)

□□□□□□□: 2:09:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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	