



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Thomas Glaub

000: 2:42:15

00: Laufprojekt Büdingen

00: 29

00: 49.25 km

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

00000/000: 36 (of 42)

00000/0: 30 (of 34)

000000: 1:49:44

0000:

Olymp Senioren 2 MK45

00000: 5(of 6)

0000000: 2:09:03

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.25	29:59	23:59	5	8:40	26	11:29	1.25	29:59	23:59	7	8:40	35	11:29
Wechsel S -> R	-	4:08	-	5	2:06	27	2:25	1.25	34:07	27:17	7	10:46	35	13:54
Schwimmen 000	1.25	34:07	27:17	7	10:46	35	13:54	1.25	34:07	27:17	7	10:46	35	13:54
Rad netto	38.00	1:14:23	1:57	6	11:31	29	21:37	39.25	1:48:30	2:45	7	22:17	35	35:03
Wechsel R -> L	-	1:33	-	4	0:18	13	0:41	39.25	1:50:03	2:48	7	22:26	35	35:44
Rad 000	38.00	1:15:56	1:59	6	11:40	28	22:18	39.25	1:50:03	2:48	7	22:26	35	35:44
Lauf	10.00	52:12	5:13	5	13:03	28	16:47	49.25	2:42:15	3:17	5	33:12	30	52:31