



# 10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Michael Laupert

□□□: 2:47:41

□□: Eintracht Frankfurt - Triathlon

□□: 23

□□: 49.25 km

□□□□□/□□□: 38 (of 42)

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

□□□□□/□: 32 (of 34)

□□□□□□: 1:49:44

□□□□:

□□□□□: 6(of 6)

Olymp Senioren 2 MK45

□□□□□□□: 2:09:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	31:01	24:48	6	9:42	32	12:31	1.25	31:01	24:48	7	9:42	35	12:31
Wechsel S -> R	-	5:16	-	6	3:14	33	3:33	1.25	36:17	29:01	7	12:56	35	16:04
Schwimmen □□□	1.25	36:17	29:01	7	12:56	35	16:04	1.25	36:17	29:01	7	12:56	35	16:04
Rad netto	38.00	1:12:24	1:54	5	9:32	26	19:38	39.25	1:48:41	2:46	7	22:28	35	35:14
Wechsel R -> L	-	2:09	-	6	0:54	28	1:17	39.25	1:50:50	2:49	7	23:13	35	36:31
Rad □□□	38.00	1:14:33	1:57	5	10:17	26	20:55	39.25	1:50:50	2:49	7	23:13	35	36:31
Lauf	10.00	56:51	5:41	6	17:42	33	21:26	49.25	2:47:41	3:24	6	38:38	32	57:57