



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Hartmut Gogol

000: 2:22:12

00: RVG Rockenberg

00: 35

00: 49.25 km

00000/000: 19 (of 42)

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

00000/0: 16 (of 34)

000000: 1:49:44

0000:

00000: 2(of 4)

Olymp Senioren 4 MK55

0000000: 2:18:42

0000

0000

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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	25:33	20:26	2	2:23	14	7:03	1.25	25:33	20:26	5	2:23	35	7:03
Wechsel S -> R	-	4:03	-	4	1:34	26	2:20	1.25	29:36	23:40	5	3:30	15	9:23
Schwimmen 000	1.25	29:36	23:40	5	3:30	15	9:23	1.25	29:36	23:40	5	3:30	15	9:23
Rad netto	38.00	1:04:51	1:42	2	0:56	14	12:05	39.25	1:34:27	2:24	5	4:26	35	21:00
Wechsel R -> L	-	2:04	-	3	0:45	26	1:12	39.25	1:36:31	2:27	5	4:55	35	22:12
Rad 000	38.00	1:06:55	1:45	2	1:25	14	13:17	39.25	1:36:31	2:27	5	4:55	35	22:12
Lauf	10.00	45:41	4:34	2	1:23	19	10:16	49.25	2:22:12	2:53	2	3:30	16	32:28