



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Matthias Landsee

□□□: 2:22:32

□□: RFC Oberstedten

□□: 36

□□: 49.25 km

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

□□□□□/□□□: 20 (of 42)

□□□□□/□: 17 (of 34)

□□□□□□: 1:49:44

□□□□:

Olymp Senioren 4 MK55

□□□□□: 3(of 4)

□□□□□□□: 2:18:42

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 25:38 | 20:30 | 3 | 2:28 | 15 | 7:08 | 1.25 | 25:38 | 20:30 | 3 | 2:28 | 35 | 7:08 |
| Wechsel S -> R | - | 2:29 | - | 1 | - | 10 | 0:46 | 1.25 | 28:07 | 22:29 | 2 | 2:01 | 35 | 7:54 |
| Schwimmen □□□ | 1.25 | 28:07 | 22:29 | 2 | 2:01 | 35 | 7:54 | 1.25 | 28:07 | 22:29 | 2 | 2:01 | 35 | 7:54 |
| Rad netto | 38.00 | 1:06:31 | 1:45 | 3 | 2:36 | 16 | 13:45 | 39.25 | 1:34:38 | 2:24 | 3 | 4:37 | 35 | 21:11 |
| Wechsel R -> L | - | 1:19 | - | 1 | - | 6 | 0:27 | 39.25 | 1:35:57 | 2:26 | 2 | 4:21 | 35 | 21:38 |
| Rad □□□ | 38.00 | 1:07:50 | 1:47 | 3 | 2:20 | 15 | 14:12 | 39.25 | 1:35:57 | 2:26 | 2 | 4:21 | 35 | 21:38 |
| Lauf | 10.00 | 46:35 | 4:39 | 3 | 2:17 | 22 | 11:10 | 49.25 | 2:22:32 | 2:53 | 3 | 3:50 | 17 | 32:48 |