



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Hermann Kracht

□□□: 2:44:38

□□: DLRG Tri-Team Wetzlar

□□: 41

□□: 49.25 km

□□□□□/□□□: 37 (of 42)

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

□□□□□/□: 31 (of 34)

□□□□□□: 1:49:44

□□□□:

□□□□□: 1(of 1)

Olymp Senioren 7 MK70

□□□□□□□: 2:44:38

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 30:57 | 24:45 | 1 | - | 31 | 12:27 | 1.25 | 30:57 | 24:45 | 1 | - | 35 | 12:27 |
| Wechsel S -> R | - | 4:16 | - | 1 | - | 30 | 2:33 | 1.25 | 35:13 | 28:10 | 1 | - | 35 | 15:00 |
| Schwimmen □□□ | 1.25 | 35:13 | 28:10 | 1 | - | 35 | 15:00 | 1.25 | 35:13 | 28:10 | 1 | - | 35 | 15:00 |
| Rad netto | 38.00 | 1:15:31 | 1:59 | 1 | - | 32 | 22:45 | 39.25 | 1:50:44 | 2:49 | 1 | - | 35 | 37:17 |
| Wechsel R -> L | - | 2:12 | - | 1 | - | 29 | 1:20 | 39.25 | 1:52:56 | 2:52 | 1 | - | 35 | 38:37 |
| Rad □□□ | 38.00 | 1:17:43 | 2:02 | 1 | - | 32 | 24:05 | 39.25 | 1:52:56 | 2:52 | 1 | - | 35 | 38:37 |
| Lauf | 10.00 | 51:42 | 5:10 | 1 | - | 27 | 16:17 | 49.25 | 2:44:38 | 3:20 | 1 | - | 31 | 54:54 |