



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

□□□□

□□□□

□□□

□□□	□□ 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