



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Luise García

□□□: 2:12:15

□□: 7

□□: 49.25 km

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

□□□□□/□□□: 6 (of 42)

□□□□□/□: 2 (of 8)

□□□□□□: 2:07:43

□□□□:

Olymp Seniorinnen 1 WK40

□□□□□: 1(of 2)

□□□□□□□: 2:12:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	19:49	15:51	1	-	1	-	1.25	19:49	15:51	1	-	1	-
Wechsel S -> R	-	2:36	-	1	-	4	2:36	1.25	22:25	17:56	1	-	9	0:19
Schwimmen □□□	1.25	22:25	17:56	1	-	9	0:19	1.25	22:25	17:56	1	-	9	0:19
Rad netto	38.00	1:05:01	1:42	1	-	2	2:03	39.25	1:27:26	2:13	1	-	9	1:30
Wechsel R -> L	-	1:45	-	1	-	5	0:34	39.25	1:29:11	2:16	1	-	9	2:03
Rad □□□	38.00	1:06:46	1:45	1	-	2	2:36	39.25	1:29:11	2:16	1	-	9	2:03
Lauf	10.00	43:04	4:18	1	-	2	2:29	49.25	2:12:15	2:41	1	-	2	4:32