



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Regina Kohnke

□□□: 2:50:26

□□: Frika triathlon Team Bad Vilbel

□□: 45

□□: 49.25 km

□□□□□/□□□: 39 (of 42)

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

□□□□□/□: 7 (of 8)

□□□□□□: 2:07:43

□□□□:

□□□□□: 2(of 2)

Olymp Seniorinnen 1 WK40

□□□□□□□: 2:12:15

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 1.25 | 33:02 | 26:25 | 2 | 13:13 | 7 | 13:13 | 1.25 | 33:02 | 26:25 | 3 | 13:13 | 9 | 13:13 |
| Wechsel S -> R | - | 7:23 | - | 2 | 4:47 | 8 | 7:23 | 1.25 | 40:25 | 32:19 | 3 | 18:00 | 8 | 18:19 |
| Schwimmen □□□ | 1.25 | 40:25 | 32:19 | 3 | 18:00 | 8 | 18:19 | 1.25 | 40:25 | 32:19 | 3 | 18:00 | 8 | 18:19 |
| Rad netto | 38.00 | 1:16:14 | 2:00 | 2 | 11:13 | 7 | 13:16 | 39.25 | 1:56:39 | 2:58 | 3 | 29:13 | 8 | 30:43 |
| Wechsel R -> L | - | 3:04 | - | 2 | 1:19 | 8 | 1:53 | 39.25 | 1:59:43 | 3:03 | 3 | 30:32 | 8 | 32:35 |
| Rad □□□ | 38.00 | 1:19:18 | 2:05 | 2 | 12:32 | 7 | 15:08 | 39.25 | 1:59:43 | 3:03 | 3 | 30:32 | 8 | 32:35 |
| Lauf | 10.00 | 50:43 | 5:04 | 2 | 7:39 | 6 | 10:08 | 49.25 | 2:50:26 | 3:27 | 2 | 38:11 | 7 | 42:43 |