



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Regina Kohnke

000: 2:50:26

00: Frika triathlon Team Bad Vilbel

00: 45

00: 49.25 km

00000/000: 39 (of 42)

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

00000/0: 7 (of 8)

000000: 2:07:43

0000:

00000: 2(of 2)

Olymp Seniorinnen 1 WK40

0000000: 2:12:15

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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 000	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 000	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