



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Daniel Polgar

□□□: 24:45

□□: MTV Kronberg Triathlon

□□: 331

□□: 6.20 km

□□□□□/□□□: 17 (of 18)

Chari Tria Youth 2 (0,2-5,0-1,0)

□□□□□/□: 12 (of 12)

□□□□□□: 17:35

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□□□□□: 12(of 12)

Schüler B (10-11 J.)

□□□□□□□: 17:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	6:04	30:19	11	3:05	11	3:05	0.20	6:04	30:19	12	6:04	12	6:04
Wechsel S -> R	-	1:36	-	5	0:14	5	0:14	0.20	7:40	38:20	12	3:13	12	3:13
Schwimmen □□□	0.20	7:40	38:20	12	3:13	12	3:13	0.20	7:40	38:20	12	3:13	12	3:13
Rad netto	5.00	11:27	2:17	12	2:38	12	2:38	5.20	19:07	3:40	12	5:51	12	5:51
Wechsel R -> L	-	0:46	-	7	0:09	7	0:09	5.20	19:53	3:49	12	5:55	12	5:55
Rad □□□	5.00	12:13	2:26	12	2:42	12	2:42	5.20	19:53	3:49	12	5:55	12	5:55
Lauf	1.00	4:52	4:51	11	1:15	11	1:15	6.20	24:45	3:59	12	7:10	12	7:10