



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Christian Ache

□□□: 35:16

□□: TV Windecken

□□: 406

□□: 12.90 km

□□□□□/□□□: 1 (of 46)

Chari Tria Youth 3 (0,4-10,0-2,5)

□□□□□/□: 1 (of 28)

□□□□□□: 35:16

□□□□:

□□□□□: 1(of 14)

Jugend B (14-15 J.)

□□□□□□□: 35:16

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 5:47 | 14:27 | 4 | 0:16 | 4 | 0:16 | 0.40 | 5:47 | 14:27 | 4 | 0:16 | 4 | 0:16 |
| Wechsel S -> R | - | 1:13 | - | 1 | - | 1 | - | 0.40 | 7:00 | 17:30 | 2 | 0:02 | 2 | 0:02 |
| Schwimmen □□□ | 0.40 | 7:00 | 17:30 | 2 | 0:02 | 2 | 0:02 | 0.40 | 7:00 | 17:30 | 2 | 0:02 | 2 | 0:02 |
| Rad netto | 10.00 | 17:57 | 1:47 | 1 | - | 1 | - | 10.40 | 24:57 | 2:23 | 1 | - | 1 | - |
| Wechsel R -> L | - | 0:39 | - | 1 | - | 1 | - | 10.40 | 25:36 | 2:27 | 1 | - | 1 | - |
| Rad □□□ | 10.00 | 18:36 | 1:51 | 1 | - | 1 | - | 10.40 | 25:36 | 2:27 | 1 | - | 1 | - |
| Lauf | 2.50 | 9:40 | 3:51 | 1 | - | 1 | - | 12.90 | 35:16 | 2:44 | 1 | - | 1 | - |